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United States  
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NFCS, CSFII  
Report No. 85-5

# CSFII

Nationwide Food Consumption Survey  
Continuing Survey of Food Intakes  
by Individuals

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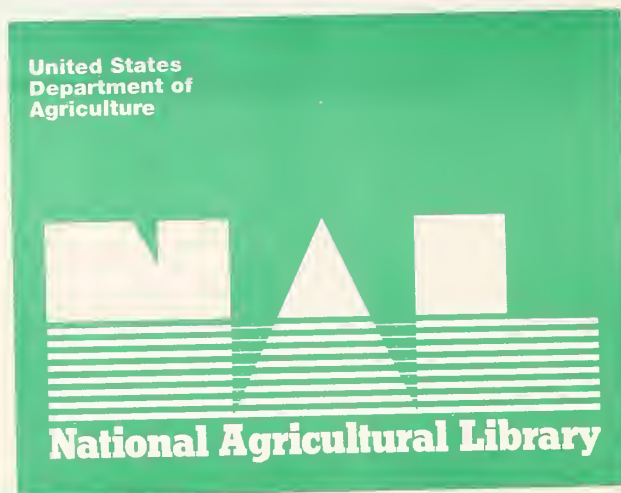
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Low-Income Women 19-50 Years  
and Their Children 1-5 Years, 4 Days

1985

**Abstract**







## Abstract

This publication presents 4-day dietary data for low-income women 19 to 50 years of age and their children 1 to 5 years of age in the 48 conterminous States. The data were collected on 4 nonconsecutive days over a 1-year period from April 1985 through March 1986 as part of the Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. Each day of data was collected using a 1-day recall. The first day of data was collected in a personal interview; subsequent days of data were collected by telephone when possible. Major results are summarized. Food intakes are aggregated in 10 food groups and 50 subgroups and are tabulated for total food and for food obtained and eaten away from home for women and children by age group, by household income level, by region, and by Food Stamp Program status. Mean quantities of foods eaten per individual per day and the percentages of individuals who reported eating any food from the specified food groups and subgroups during any of the 4 days are presented. The nutrient contributions of 15 food groups are included also. Tables of the intakes of food energy and nutrients (mean and selected percentiles), comparisons of intakes with the 1980 Recommended Dietary Allowances (RDA), and the percentages of individuals with intakes at selected levels of the RDA are provided for individuals by demographic group. Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, fatty acids, and carbohydrate; the frequency of reporting breakfast, snacks, and food eaten away from home; and the nutrient contributions of breakfast, snacks, and food eaten away from home.

**KEYWORDS:** Breakfast, dietary survey, diets, eating occasions, food intake, food away from home, food stamps, nutrient density, nutrient intake, poverty, snacks.

Issued March 1988

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# CSFII: Low-Income Women 19-50 Years and Their Children 1-5 Years, 4 Days, 1985

*by the Nutrition Monitoring Division  
Human Nutrition Information Service*

## Introduction

This publication provides data on 4 days of dietary intakes by low-income women 19 to 50 years of age and their children 1 to 5 years of age surveyed between April 1985 and March 1986. The data were collected using a 1-day dietary recall as part of the 1985 Continuing Survey of Food Intakes by Individuals (CSFII 1985) conducted by the U.S. Department of Agriculture (USDA).

Individuals contacted as part of the CSFII 1985 were asked to provide 6 separate days (waves) of dietary data at intervals of approximately 2 months over a 1-year period. The first wave of data was collected in a personal interview; 67 percent of subsequent interviews were collected by telephone.

Because the response rate for the first 1-day recall was higher than expected, a subsampling procedure was applied to reduce the size of the sample. This publication provides data on the dietary intakes by low-income women and children who were retained in the subsample and who completed, in addition to the first 1-day recall, at least three additional 1-day recalls. Appendix A provides a discussion of the sampling, subsampling, data collection, and weighting of the data presented in this report, and appendix B provides information on how the data were processed

for presentation. Appendix C provides a discussion of the panel approach used in the CSFII, sample characteristics by level of participation, and variation in food and nutrient intakes by wave.

National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the CSFII 1985 under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract.

The CSFII 1985 was designed as a stratified area probability sample in the 48 conterminous States. The sampling units for the survey were (1) the household and (2) individuals within a sample household. The household screening procedures were designed to provide three separate samples: (1) women 19 to 50 years of age of all incomes and their children 1 to 5 years of age; (2) a sample of low-income women and their children in the same age ranges; and (3) men 19 to 50 years of age. This publication includes data from the sample of low-income women and children.

Eligibility for this low-income survey was based on household income. Women 19 to 50 years of age and their children 1 to 5 years of age residing in households having income before taxes for the previous month at or below 130 percent of the appropriate poverty guideline (1) were eligible for participation.

This income level was selected because nonelderly households that have income at or below 130 percent of the poverty guidelines meet one of the criteria for participating in the Food Stamp Program. However, not all households meeting the income criterion are eligible for food stamps; other criteria, such as asset limitations, must also be met. This survey screened households for income level only, not for food stamp eligibility. Respondents reported whether or not they participated in the Food Stamp Program at each wave. In this report, individuals are classified by Food Stamp Program status based on their wave 1 response (see appendix B for additional detail). Tables 15.1B to 21B provide information on the characteristics of Food Stamp Program participants and nonparticipants. Readers are cautioned that this survey was designed to measure dietary intakes of the low-income population, not to measure the adequacy of the Food Stamp Program. Factors other than program participation, such as income and the size or composition of the household, may cause differences in dietary intake. In-depth analyses of the data would be needed to assess the effects of FSP participation more extensively than the summary statistics reported here.

This report is the last in a series providing results from the CSFII 1985. Previous publications in the CSFII 1985 series have provided data on 1-day dietary intakes by women and children of all incomes, by low-income women and children, and by men and on 4-day dietary intakes by women and children of all incomes. (See inside back cover for a complete list of CSFII publications.)

The CSFII was initiated in 1985 to provide timely information on the adequacy of diets of selected population groups and to provide early indications of dietary changes. It is a major component of the National Nutrition Monitoring System, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (2). The CSFII complements the larger nationwide food consumption surveys conducted by USDA approximately every 10 years.



## Selected Results

### Food Intakes

Total food--During 4 days in 1985, low-income women's mean intake per day of meat, poultry, and fish was 157 grams (table 1.1-1A). The largest part of this intake was accounted for by meat mixtures<sup>1</sup> (69 grams), followed by beef reported separately (24 grams) and poultry (20 grams). The mean intake of meat, poultry, and fish by children was 105 grams. As was true of women, children's intake of meat mixtures (44 grams) accounted for the largest part of the intake from this food group. All surveyed children and nearly all surveyed women ate meat, poultry, or fish at least once during the 4 surveyed days (table 1.1-1B). Meat mixtures was the subgroup reported by the highest proportion of the women (75 percent). Two subgroups--meat mixtures and frankfurters, sausages, and luncheon meats--were each reported by 77 percent of the children.

The mean intake per day of milk and milk products by low-income women was 187 grams, including 99 grams of whole milk and 51 grams of lowfat and skim milk (table 1.2-1A). Low-income children's mean intake of milk and milk products was 376 grams, including 254 grams of whole milk and 79 grams of lowfat and skim milk. About 92 percent of the women and almost all of the children used milk or milk products at least once during the 4 surveyed days (table 1.2-1B).

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<sup>1</sup>Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners. Mixtures that were coded as separate ingredients are not included here.

The mean intake per day of eggs by both women and children was 20 grams. Sixty percent of the women and 70 percent of the children ate eggs at least once during the 4 surveyed days.

The mean intake per day of legumes, nuts, and seeds was 23 grams for women and 17 grams for children. Forty-six percent of the women and 66 percent of the children ate legumes, nuts, or seeds during the 4 surveyed days.

Women's mean intake per day of vegetables was 137 grams; children's mean intake was 87 grams (table 1.3-1A). Ninety-nine percent of both women and children ate at least one vegetable item during the 4 surveyed days (table 1.3-1B).

Women had a mean intake per day of 92 grams of fruit. Of this intake, 50 grams were citrus fruits and juices (table 1.4-1A). Sixty-nine percent of the women ate fruit at least once during the 4 surveyed days (table 1.4-1B). The mean intake of fruit by children was 143 grams; 92 percent of the children ate fruit.

The mean intake per day of grain products was 188 grams for women and 195 grams for children (table 1.5-1A). All respondents ate grain products (table 1.5-1B).

The mean intake per day of fats and oils reported separately was 10 grams for women and 4 grams for children. These amounts do not include the fats and oils that are ingredients in other food items such as baked goods or fried foods. Fats and oils were reported separately by 88 percent of the women and 80 percent of the children.

Women's mean intake per day of sugars and sweets reported separately was 15 grams; children's mean intake was 22 grams. These amounts do not include sugars that are ingredients in other food items, such as baked goods or carbonated soft drinks. Seventy-nine percent of the women and 87 percent of the children ate at least one item from the sugars and sweets group during the 4 surveyed days.

Women's mean intake per day of beverages was 699 grams, including 255 grams of carbonated soft drinks, 241 grams of coffee, and lesser amounts of alcoholic beverages, tea, and fruit drinks and ades (table 1.6-1A). The mean intake of beverages by children was 207 grams, including 92 grams of fruit drinks and ades and 81 grams of carbonated beverages. Ninety-nine percent of the women and 91 percent of the children drank beverages at least once during the surveyed days (table 1.6-1B). Carbonated beverages was the category reported by the largest proportion of women (82 percent). Carbonated soft drinks and fruit drinks and ades were each reported by 66 percent of the children.

Food obtained and eaten away from home--The proportions of food obtained and eaten away from home varied by food group and subgroup. These proportions were calculated from data in tables 1. For example, the proportion of beef obtained and eaten away from home by women was calculated by dividing 5 grams (from table 1.1-2A) by 24 grams (from table 1.1-1A) and converting to a percentage. The proportions of food eaten away from home by women were lowest for fluid milk; eggs; legumes, nuts, and seeds; fruits; cereals and pastas; and fruit drinks and ades and were highest for alcoholic beverages, cream

and milk desserts, salad dressings, and carbonated soft drinks (text table A). For children, the proportions of food eaten away from home were lowest for eggs, cereals and pastas, and salad dressings and highest for carbonated soft drinks and cream and milk desserts.

About 24 percent (38 of 157 grams) of women's intake of meat, poultry, and fish was obtained and eaten away from home (table 1.1-2A). On the surveyed days, 55 percent of the women reported obtaining and eating at least one meat, poultry, or fish item away from home (table 1.1-2B). Meat mixtures was the meat subgroup obtained and eaten away from home by the largest proportion of women (35 percent), followed by frankfurters, sausages, and luncheon meats (18 percent). Less than one-fifth (19 of 105 grams) of the intake of meat, poultry, and fish by children was obtained and eaten away from home. Fifty-four percent of the children ate a meat, poultry, or fish item away from home on one or more of the surveyed days. Meat mixtures was the meat subgroup obtained and eaten away from home by the highest proportion of children (27 percent).

Only 13 percent of women's intake (24 of 187 grams) and 13 percent of children's intake (50 of 376 grams) of milk and milk products was obtained and eaten away from home, although 41 percent of women and 52 percent of children ate or drank a milk product away from home on one or more of the surveyed days (table 1.2-2B).

Twenty-seven percent of women's total beverage intake (190 of 699 grams) and 20 percent of children's intake (41 of 207 grams) was obtained and drunk away from

Text table A--Proportions of food intakes obtained and eaten away from home by low-income women and children, 4 nonconsecutive days, 1985

Food group/subgroup	Low-income women	Low-income children
	-----percent-----	
Meat, poultry, and fish .....	24	18
Beef .....	21	12
Pork .....	14	22
Frankfurters, sausages, and luncheon meats .....	14	13
Poultry .....	20	15
Fish and shellfish .....	22	25
Meat mixtures .....	32	23
Milk and milk products .....	13	13
Fluid milk .....	8	11
Cream and milk desserts....	46	31
Eggs .....	10	5
Legumes, nuts, and seeds....	9	12
Vegetables .....	20	20
Fruits .....	11	14
Grain products .....	14	12
Cereals and pastas .....	4	5
Fats and oils .....	20	25
Sugars and sweets .....	27	18
Beverages .....	27	20
Fruit drinks and ades .....	10	11
Carbonated soft drinks .....	40	36
Alcoholic beverages .....	59	0

home. Among women, the proportion drinking any beverages away from home was 68 percent; 51 percent reported carbonated soft drinks, and 25 percent reported coffee (table 1.6-2B). Only 11 percent of the women drank alcoholic beverages away from home, but almost three-fifths of the total intake of alcoholic beverages (24 of 41 grams) was drunk away from home (table 1.6-2A). Among children, the proportion drinking any beverage away from home was 44 percent; 34 percent reported carbonated soft drinks (table 1.6-2B).

Food intakes by region--Text table B provides mean intakes per day and percentages of low-income women using selected foods in the four regions. Low-income women in the South had lower intakes of milk and milk products, especially of fluid milk, than did women in the other regions. The type of milk drunk by the low-income women varied by region. Women in the Northeast and South had higher intakes of whole milk than of lowfat and skim milk, whereas the opposite was true of the women in the Midwest. Intakes by women in the West were more evenly divided between whole milk and lowfat and skim milk.

Within the grain products group, women in the South had lower intakes of grain mixtures than women in the other regions; women in the Midwest had lower intakes of cereals and pastas. Low-income women in the South had the lowest intakes of alcoholic beverages and coffee and the highest intake of tea, compared with women in other regions.

The proportions of food obtained and eaten away from home by region are presented in text table C.



Text table B--Mean intakes and percentages of low-income women 19 to 50 years using selected foods, by region,  
4 nonconsecutive days, 1985

Food group/subgroup	Northeast		Midwest		South		West	
	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>	<u>grams</u>	<u>percent</u>
Meat, poultry, and fish .....	160	100	150	100	158	100	158	100
Meat mixtures .....	65	74	77	74	66	76	72	75
Beef .....	27	57	20	55	27	63	22	57
Frankfurters, sausages, and luncheon meats .....	12	59	16	65	14	63	15	65
Pork .....	15	55	13	53	16	57	12	55
Poultry .....	22	52	15	42	22	55	19	52
Fish and shellfish .....	11	26	6	21	9	23	9	23
Milk and milk products .....	205	94	215	93	142	88	215	95
Whole milk .....	149	78	63	38	90	59	89	56
Lowfat/skim milk .....	20	19	101	52	21	17	90	41
Cheese .....	10	61	15	66	8	48	13	57
Eggs .....	19	60	16	52	21	61	24	66
Legumes, nuts, and seeds .....	26	45	14	44	23	40	32	57
Vegetables .....	138	99	138	99	135	98	138	99
Fruits .....	115	71	76	69	79	67	105	72
Grain products .....	208	100	172	100	174	100	206	100
Grain mixtures .....	75	64	64	69	44	51	70	64
Cereals and pastas .....	61	66	28	57	57	62	48	66
Fats and oils .....	10	88	13	90	8	86	12	90
Sugars and sweets .....	12	79	25	80	10	76	18	81
Beverages .....	703	100	740	98	654	98	728	99
Alcoholic beverages .....	68	26	30	17	24	11	52	24
Coffee .....	288	70	273	54	148	60	314	66
Tea .....	88	38	83	25	165	61	103	37
Carbonated soft drinks .....	207	74	325	84	253	85	242	83

Text table C--Proportions of intakes obtained and eaten away from home by region,  
low-income women 19 to 50 years, 4 nonconsecutive days, 1985

Food group/subgroup*	Northeast	Midwest	South	West
	-----percent-----			
Meat, poultry, and fish .....	22	28	25	22
Milk and milk products .....	11	20	11	9
Eggs .....	11	6	10	8
Legumes, nuts, and seeds .....	8	7	9	9
Vegetables .....	21	22	18	20
Fruits .....	11	11	13	9
Grain products .....	15	13	14	14
Fats and oils .....	30	23	12	25
Sugars and sweets .....	17	48	20	17
Beverages .....	28	27	28	27
Alcoholic beverages .....	65	47	54	56
Coffee .....	15	19	14	17
Tea .....	18	7	19	16
Fruit drinks and ades .....	12	10	7	12
Carbonated soft drinks .....	43	37	43	36

\* Mixtures coded as a unit are included in group of main ingredient.

Food intakes by Food Stamp Program status--Women and children who lived in households that participated in the Food Stamp Program (FSP) had mean per day food intakes that were generally the same or higher than those of women and children living in households that did not participate in the Food Stamp Program (NFSP) (text table D and tables 1.1-1A to 1.6-2B). Exceptions for women were the intakes of milk and milk products (especially lowfat and skim milk), noncitrus fruits, coffee and tea, and low-calorie carbonated soft drinks, which were lower for FSP than NFSP women. Exceptions for children were the intakes of lowfat and skim milk and regular carbonated soft drinks.

Nutrient Intakes

Nutrient contribution by 15 food groups--In 1985, the largest proportions of low-income women's food energy and carbohydrate intakes were provided by grain products; whereas the largest proportions of their protein and fat intakes were provided by meat, poultry, and fish, as shown in the next column.

The contributions by food groups to intakes of vitamins, minerals, and dietary components by low-income children and by low-income women are presented in tables 2.1 and 2.2, respectively.

Food group	Food energy	Protein	Fat	Carbohydrate
	-----percent-----			
Meat, poultry, and fish .....	24	50	37	6
Milk and milk products .....	10	13	14	7
Eggs .....	3	4	5	*
Legumes, nuts, and seeds...	3	4	4	3
Grain products .....	29	22	20	39
Fats and oils .....	4	*	10	*
Sugar and sweets .....	3	*	1	6
Vegetables and fruits .....	13	7	10	20
Beverages .....	11	*	*	20

\* Less than 0.6 percent but more than 0.

Notes: Mixtures coded as a unit are included in group of main ingredient.

Columns may not sum to 100 because of rounding.

Text table D--Mean intakes and percentages of low-income women using selected foods, and proportions of food intakes obtained and eaten away from home, by Food Stamp Program status, 4 nonconsecutive days, 1985

Food group/subgroup	Participating			Not participating		
	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away	Mean intake per day	Individuals using at least once in 4 days	Proportion of intake obtained and eaten away
	grams	percent	percent	grams	percent	percent
Meat, poultry, and fish .....	160	100	20	155	100	28
Meat mixtures .....	70	75	26	68	75	37
Beef .....	23	57	22	25	60	20
Frankfurters, sausages, and luncheon meats .....	14	60	14	14	65	21
Pork .....	17	60	6	12	52	17
Poultry .....	21	50	14	19	51	21
Fish and shellfish .....	7	20	14	10	26	30
Milk and milk products .....	166	86	11	204	96	14
Whole milk .....	103	59	8	96	58	7
Lowfat skim milk .....	35	22	6	63	35	10
Cream and milk desserts .....	10	29	30	15	36	47
Cheese .....	9	51	11	13	61	23
Eggs .....	23	66	4	18	55	11
Legumes, nuts, and seeds .....	26	42	8	21	49	10
Vegetables .....	137	98	18	137	99	22
Fruits .....	85	63	9	98	74	12
Grain products .....	188	100	11	188	100	16
Grain mixtures .....	64	62	12	58	59	16
Cereals and pastas .....	53	60	4	48	65	4
Fats and oils .....	9	85	22	11	90	27
Sugars and sweets .....	14	77	21	16	80	38
Beverages .....	700	98	22	698	99	31
Alcoholic beverages .....	64	20	52	24	17	71
Coffee .....	231	61	11	248	63	20
Carbonated soft drinks .....	249	80	32	260	83	46



Food energy intake--In 1985, low-income women's mean daily food energy intake over 4 days was 1,427 kilocalories (table 3.2); the median intake over 4 days was 1,380 kilocalories (table 4A). Ten percent of the women surveyed had mean daily food energy intakes at or below 774 kilocalories, and 10 percent had intakes at or above 2,104 kilocalories (table 4A) as follows:

Characteristic	Food energy intakes		
	10th percentile	50th percentile (median)	90th percentile
	-----kilocalories-----		
Age:			
19-34.....	872	1,516	2,237
35-50.....	702	1,221	1,900
Region:			
Northeast .....	833	1,436	2,053
Midwest .....	865	1,504	2,065
South .....	701	1,261	2,115
West .....	875	1,378	2,240
Food Stamp Status:			
Participating .....	752	1,368	2,153
Not participating ..	790	1,408	2,056
All women .....	774	1,380	2,104

Energy and nutrient intakes at specified percentiles (10th, 25th, 50th, 75th, and 90th percentiles) are provided for food energy and 27 nutrients and dietary components in tables 4A through 4N.

Intakes as percentage of 1980 Recommended Dietary Allowances--The mean food energy intake per day by low-income women was 70 percent of the 1980 Recommended Dietary Allowances (RDA) (table 5.2). Low-income women's intakes of 6 out of 15 nutrients exceeded the RDA. Intakes of two additional nutrients were only slightly below the RDA. Women's intakes were lower than the RDA for vitamin E (74 percent), vitamin B-6 (52 percent), folacin (42 percent), calcium (66 percent), magnesium (59 percent), iron (53 percent), and zinc (53 percent). Intakes of those nutrients were below the RDA for low-income women of all races, regions, and urbanizations and regardless of Food Stamp Program status (text table E). However, intakes were lowest for black women and for women in the South.

Low-income children's food energy intake was 92 percent of the RDA, and their intakes of 12 out of 15 nutrients exceeded the RDA (table 5.1). Children's intake of calcium was slightly below the RDA (92 percent), and their intakes of iron and zinc were considerably lower (76 percent and 73 percent, respectively).

The percentages of low-income women and children with intakes at four levels of the RDA (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) are presented in tables 6A to 6H. At least half of the women had intakes at or above 100 percent of the RDA for four nutrients: protein, niacin, vitamin B-12, and phosphorus (text table F). Less than 25 percent of the women in any of the regions or either of the Food Stamp Program status categories had intakes that met the RDA for vitamin E, vitamin B-6, folacin, calcium, magnesium, iron, and



Text table E--Low-income women 19 to 50 years of age: Mean intakes of selected nutrients below the 1980 RDA, by selected characteristics, 4 nonconsecutive days, 1985

Characteristic	Vita- min E	Vitamin B-6	Folacin	Calcium	Magne- sium	Iron	Zinc
	-----percentage of RDA-----						
All low-income women..	74	52	42	66	59	53	53
Race:							
White .....	79	53	44	73	62	55	54
Black .....	66	48	35	48	47	47	46
Region:							
Northeast .....	76	55	44	70	63	57	56
Midwest .....	79	52	40	75	61	51	53
South .....	64	48	40	56	52	49	50
West .....	85	55	47	70	64	59	54
Urbanization:							
Central cities .....	72	53	43	67	60	52	52
Suburban areas .....	75	49	41	62	56	52	51
Nonmetropolitan areas	76	54	43	70	61	56	57
Food Stamp status:							
Participating .....	79	52	43	63	58	54	53
Not participating ....	71	51	42	68	60	53	53

zinc. At least half of the low-income children had intakes at or above 100 percent of the RDA for most nutrients. Exceptions were vitamin E (32 percent), calcium (33 percent), iron (20 percent), and zinc (11 percent). Only 37 percent of the low-income children had food energy intakes at or above 100 percent of the RDA.

Mean intakes below the RDA do not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group. Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals having inadequate intakes increases as the mean intake for the group falls further below the RDA (3).

Nutrient sources of food energy--The percentage of low-income women's food energy provided by protein was 16 percent; by fat, 36 percent; and by carbohydrate, 47 percent (table 8.2). Saturated and monounsaturated fatty acids provided nearly equal percentages of women's food energy over the 4 surveyed days (13 percent and 14 percent, respectively), and a smaller percentage was from polyunsaturated fatty acids (6 percent). The percentages of food energy provided by protein, fat, and carbohydrate for FSP women were similar to those for NFSP women.

#### Eating Patterns

Breakfast--In 1985, 43 percent of the low-income women and 85 percent of the low-income children ate breakfast on all 4 surveyed days (tables 9.1 to 9.2). Only 4 percent of the women and 2 percent of the children reported no breakfast on any of the 4 days. Breakfast contributed 16 percent of women's food energy and 22 percent of children's food energy (tables 10.1 to 10.2). Breakfast's contributions to intakes ranged from 7 to 25 percent of women's nutrients and from 10 to 41 percent of children's nutrients.

Snacks--Ninety-three percent of the low-income women and 97 percent of the low-income children ate a snack at least once in 4 days (tables 12.1 and 12.2). Twenty-eight percent of the women and 39 percent of the children reported at least one snack on all 4 days (tables 11.1 to 11.2). Snacks contributed 14 percent of women's food energy and 7 to 17 percent of their nutrients (table 12.2). Snacks contributed 16 percent of children's food energy and 8 to 19 percent of their nutrients (table 12.1).

Food obtained and eaten away from home--Seventy-six percent of the low-income women and 72 percent of the low-income children obtained and ate food away from home at least once in 4 days (tables 14.1 to 14.2). Food was obtained and eaten away from home on all 4 days by 8 percent of the women and 5 percent of the children (tables 13.1 to 13.2). Food obtained and eaten away from home contributed 22 percent of women's food energy and 16 to 22 percent of their nutrients. Food eaten away from home contributed 15 percent of children's food energy and 12 to 17 percent of their nutrients.

Text table F.--Percentage of low-income women with intakes at selected levels of the 1980 Recommended Dietary Allowances, 4 nonconsecutive days, 1985

Nutrient	RDA levels			
	Below 50%	50-69%	70-99%	100% and over
	-----percentage of women*-----			
Protein.....	2	7	21	70
Vitamin A (IU).....	35	15	17	34
Vitamin E.....	34	24	24	17
Ascorbic acid.....	27	16	15	42
Thiamin.....	13	15	28	44
Riboflavin.....	12	18	30	40
Niacin.....	5	12	28	55
Vitamin B-6.....	54	26	16	5
Folacin.....	71	17	8	4
Vitamin B-12.....	11	13	22	54
Calcium.....	39	20	24	16
Phosphorus.....	7	12	27	54
Magnesium.....	40	31	23	6
Iron.....	49	31	15	4
Zinc.....	47	35	15	3

\*Rows may not sum to 100 because of rounding.

Total Food

NOTE: See "Table Notes."

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Table 1.1-1B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

Total Food

		Total	Beef	Pork	Lamb, Veal, Game	Organ Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Fish and Shellfish	Mixtures Mainly Meat, Poultry, Fish
Age, Income Level, Region, and Food Stamp Program Status	Individuals	Meat, Poultry, Fish						Total Chicken		
	Number	Percent								
All Children.....	571	100.0	57.3	52.3	5.2	3.6	77.1	49.2	47.2	77.3
Age:										
1-3.....	347	100.0	54.5	54.5	4.2	3.3	75.1	52.9	50.1	77.4
4-5.....	224	100.0	61.5	49.0	6.8	4.0	80.2	43.5	42.6	77.1
Income Level:										
0-75% Poverty.....	230	100.0	59.4	53.4	4.1	6.6	78.3	54.4	52.2	73.6
76-130% Poverty.....	195	100.0	54.8	51.0	8.0	1.6	84.2	38.2	35.4	81.5
Over 130% Poverty....	91	100.0	61.3	53.5	5.4	.9	69.4	59.7	59.2	73.2
0-100% Poverty.....	311	100.0	57.0	54.6	5.2	5.7	79.4	48.4	46.2	73.9
0-130% Poverty.....	426	100.0	57.3	52.3	5.9	4.3	81.0	47.0	44.5	77.2
Region:										
Northeast.....	112	100.0	53.7	54.9	7.1	11.9	76.6	46.5	46.5	75.8
Midwest.....	111	100.0	36.0	43.0	10.4	1.6	82.3	34.1	31.9	70.6
South.....	217	100.0	68.4	56.4	.7	1.0	77.8	57.8	55.9	80.8
West.....	131	100.0	60.0	51.4	6.8	2.3	71.9	50.3	46.2	78.4
Food Stamp Status:										
Participating.....	267	100.0	53.1	50.6	3.6	5.6	81.7	54.5	52.1	76.3
Not Participating....	304	100.0	61.0	53.8	6.7	1.8	73.0	44.6	42.9	78.2
All Women.....	965	99.7	58.4	55.4	3.8	4.3	62.6	50.8	45.9	75.1
Age:										
19-34.....	599	99.8	58.0	55.8	3.0	3.5	64.1	46.8	42.4	84.2
35-50.....	366	99.7	59.1	54.7	5.3	5.7	60.2	57.3	51.6	60.2
Income Level:										
0-75% Poverty.....	391	99.7	57.3	56.8	3.4	5.2	60.7	52.5	47.8	73.2
76-130% Poverty.....	311	99.5	62.2	53.3	4.1	3.4	68.2	54.0	48.3	76.5
Over 130% Poverty....	168	100.0	61.1	57.0	5.5	3.8	67.3	45.9	39.8	75.3
0-100% Poverty.....	514	99.5	60.6	56.7	3.9	5.3	62.6	52.1	47.8	74.7
0-130% Poverty.....	702	99.6	59.5	55.3	3.7	4.4	64.0	53.2	48.0	74.7
Region:										
Northeast.....	241	99.6	56.6	55.2	4.1	3.7	58.6	51.9	48.3	74.2
Midwest.....	212	99.5	55.0	52.8	4.0	3.4	64.8	42.1	39.9	74.3
South.....	335	100.0	62.6	57.3	1.8	5.1	63.0	54.9	47.2	76.2
West.....	177	99.8	57.1	55.1	7.1	4.8	64.9	51.7	47.3	75.0
Food Stamp Status:										
Participating.....	417	99.5	56.7	60.0	5.1	5.3	60.1	50.4	48.6	74.9
Not Participating....	548	99.9	59.7	51.9	2.9	3.6	64.6	51.0	43.8	75.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.1-2A.--Meat, Poultry, Fish: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

		Total					Frankfurters,	Poultry			
Age, Income Level,		Meat,			Lamb,	Organ	Sausages,		Fish and	Mixtures	
Region, and Food Stamp	Individuals:	Poultry,	Beef	Pork	Veal,	Meats	Luncheon		Shellfish	Mainly	
Program Status		Fish			Game		Meats	Total	Chicken:	Poultry,	
										Fish	
	Number	Grams									
All Children.....	571	19	2	2	(*)	0	2	2	2	1	10
Age:											
1-3.....	347	13	1	1	(*)	0	2	2	2	1	7
4-5.....	224	27	3	2	(*)	0	2	3	2	1	15
Income Level:											
0-75% Poverty.....	230	21	2	1	(*)	0	2	3	1	(*)	12
76-130% Poverty.....	195	18	1	2	(*)	0	2	2	2	1	9
Over 130% Poverty....	91	21	3	2	0	0	1	4	4	1	10
0-100% Poverty.....	311	22	2	2	(*)	0	2	2	1	1	12
0-130% Poverty.....	426	19	1	1	(*)	0	2	2	2	1	11
Region:											
Northeast.....	112	10	(*)	2	0	0	1	(*)	(*)	1	5
Midwest.....	111	18	1	4	0	0	2	1	1	(*)	10
South.....	217	25	2	1	(*)	0	2	4	3	1	14
West.....	131	17	1	(*)	1	0	2	3	2	1	7
Food Stamp Status:											
Participating.....	267	20	1	1	(*)	0	2	2	1	1	11
Not Participating....	304	18	2	2	(*)	0	2	3	2	(*)	10
All Women.....	965	38	5	2	(*)	(*)	2	4	3	2	22
Age:											
19-34.....	599	46	6	2	(*)	(*)	3	4	4	3	28
35-50.....	366	25	3	1	(*)	(*)	2	4	3	2	13
Income Level:											
0-75% Poverty.....	391	38	6	1	(*)	(*)	2	4	4	2	22
76-130% Poverty.....	311	45	5	2	(*)	(*)	3	5	4	2	26
Over 130% Poverty....	168	37	5	1	(*)	(*)	2	4	2	5	19
0-100% Poverty.....	514	39	6	1	(*)	(*)	2	4	4	2	23
0-130% Poverty.....	702	41	5	1	(*)	(*)	3	4	4	2	24
Region:											
Northeast.....	241	35	4	2	0	(*)	2	4	3	2	19
Midwest.....	212	42	6	1	(*)	0	3	3	2	1	27
South.....	335	40	5	1	(*)	(*)	2	4	4	2	24
West.....	177	34	5	1	1	(*)	2	4	3	3	17
Food Stamp Status:											
Participating.....	417	32	5	1	(*)	(*)	2	3	3	1	18
Not Participating....	548	43	5	2	(*)	(*)	3	4	4	3	25

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 1.1-2B.--Meat, Poultry, Fish: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

Food Obtained and Eaten Away From Home

	:	:	:	:	:	:	:	:	:	:	:
Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total : Meat, Poultry, Fish	Beef	Pork	Lamb, Veal, Game	Organ : Meats	Frankfurters, Sausages, Luncheon Meats	Poultry	Chicken	Fish and Shellfish	Mixtures : Mainly Meat, Poultry, Fish
	Number	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent	Percent
All Children.....	571	53.6	10.8	13.1	0.8	0.0	17.2	13.2	10.5	3.5	26.6
Age:											
1-3.....	347	47.0	6.0	11.1	.5	.0	14.1	12.3	12.3	2.6	20.8
4-5.....	224	63.7	18.3	16.3	1.3	.0	21.9	14.7	7.8	4.9	35.5
Income Level:											
0-75% Poverty.....	230	51.6	13.5	10.2	1.6	.0	19.5	11.2	4.9	1.1	29.5
76-130% Poverty.....	195	55.1	6.5	16.6	.4	.0	18.4	13.0	12.7	6.0	28.6
Over 130% Poverty....	91	67.2	14.4	15.9	.0	.0	13.7	26.2	25.6	2.2	21.8
0-100% Poverty.....	311	55.1	12.7	13.5	1.4	.0	19.1	10.6	5.8	3.8	31.1
0-130% Poverty.....	426	53.2	10.3	13.1	1.0	.0	19.0	12.0	8.5	3.4	29.1
Region:											
Northeast.....	112	33.3	4.8	7.1	.0	.0	9.6	2.7	2.3	3.7	16.9
Midwest.....	111	54.7	6.4	28.0	.0	.0	16.2	4.0	3.5	1.4	28.2
South.....	217	65.1	17.4	13.9	.3	.0	16.6	21.8	16.5	5.5	36.2
West.....	131	50.7	8.8	4.1	2.8	.0	25.5	15.9	13.7	1.8	17.6
Food Stamp Status:											
Participating.....	267	48.3	10.6	8.1	1.4	.0	21.0	11.4	5.8	4.8	25.9
Not Participating....	304	58.2	11.0	17.5	.2	.0	13.9	14.9	14.7	2.3	27.2
All Women.....	965	55.1	16.0	9.9	.9	.8	17.9	11.7	9.9	6.5	34.6
Age:											
19-34.....	599	62.7	19.1	10.6	1.0	.7	19.8	12.3	9.9	7.3	41.6
35-50.....	366	42.7	10.9	8.8	.7	1.0	14.8	10.8	10.0	5.4	23.2
Income Level:											
0-75% Poverty.....	391	51.2	18.5	8.4	.6	1.0	15.1	8.8	8.2	4.3	34.2
76-130% Poverty.....	311	62.2	12.4	10.9	1.3	.8	24.9	17.0	14.2	6.4	36.4
Over 130% Poverty....	168	58.6	19.5	10.6	.6	.8	20.8	12.6	9.0	14.6	36.1
0-100% Poverty.....	514	54.1	17.2	9.0	1.2	.9	15.6	10.8	10.1	5.3	34.3
0-130% Poverty.....	702	56.1	15.8	9.5	.9	.9	19.5	12.4	10.8	5.3	35.2
Region:											
Northeast.....	241	50.7	17.4	10.2	.0	1.2	13.7	12.3	11.2	6.7	31.7
Midwest.....	212	54.3	17.2	11.5	1.3	.0	19.0	8.7	6.1	4.5	38.5
South.....	335	57.4	15.9	9.1	.3	1.0	20.1	11.9	10.4	6.0	38.6
West.....	177	57.7	12.8	9.1	2.7	.8	18.1	14.4	12.0	9.9	26.6
Food Stamp Status:											
Participating.....	417	49.4	17.8	9.2	1.2	.4	11.3	9.3	8.4	4.0	29.4
Not Participating....	548	59.4	14.6	10.5	.6	1.1	22.9	13.6	11.2	8.5	38.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-1A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Milk and Milk Products								Eggs	Legumes, Nuts, Seeds		
		Total	Total	Fluid Milk		Yogurt	Cream	and	Cheese				
		Milk and	Milk and				Milk						
		Milk Products	Milk Products	Total	Whole	Lowfat/Skim	Desserts						
	Number	Grams	Calcium Equivalent	Grams									
All Children.....	571	376	410	338	254	79	4	16	7	20	17		
Age:													
1-3.....	347	376	410	343	262	74	5	15	7	21	18		
4-5.....	224	375	409	331	242	88	4	18	7	19	15		
Income Level:													
0-75% Poverty.....	230	390	424	354	304	47	5	14	7	24	16		
76-130% Poverty.....	195	370	407	329	221	97	3	21	8	17	18		
Over 130% Poverty....	91	345	372	303	202	100	3	16	5	15	15		
0-100% Poverty.....	311	386	422	348	295	51	5	15	8	24	18		
0-130% Poverty.....	426	381	416	343	266	70	4	17	7	21	17		
Region:													
Northeast.....	112	408	445	377	331	46	6	15	8	18	17		
Midwest.....	111	366	402	321	155	165	5	21	7	11	8		
South.....	217	351	378	314	276	26	(*)	17	5	22	17		
West.....	131	399	439	362	236	124	9	11	10	25	23		
Food Stamp Status:													
Participating.....	267	377	405	346	295	48	4	12	6	24	18		
Not Participating....	304	375	414	331	217	107	5	19	8	17	16		
All Women.....	965	187	225	151	99	51	2	13	11	20	23		
Age:													
19-34.....	599	213	256	174	109	65	2	14	12	21	23		
35-50.....	366	145	175	111	82	28	2	10	10	18	24		
Income Level:													
0-75% Poverty.....	391	173	208	141	110	30	1	10	10	22	26		
76-130% Poverty.....	311	210	249	161	92	68	3	18	12	17	22		
Over 130% Poverty....	168	180	224	145	97	47	2	14	13	18	16		
0-100% Poverty.....	514	177	215	144	111	32	2	11	11	22	27		
0-130% Poverty.....	702	189	226	150	102	47	2	13	11	20	24		
Region:													
Northeast.....	241	205	247	170	149	20	3	13	10	19	26		
Midwest.....	212	215	266	165	63	101	1	20	15	16	14		
South.....	335	142	168	112	90	21	2	8	8	21	23		
West.....	177	215	255	179	89	90	3	13	13	24	32		
Food Stamp Status:													
Participating.....	417	166	200	139	103	35	1	10	9	23	26		
Not Participating....	548	204	245	160	96	63	3	15	13	18	21		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 1.2-1B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once,  
4 Nonconsecutive Days, Low-Income Households, 1985

Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Milk and Milk Products							Eggs	Legumes, Nuts, Seeds
		Total Milk and Milk Products	Fluid Milk			Yogurt	Cream and Milk Desserts	Cheese		
			Total	Whole	Lowfat/Skim					
	Number	Percent								
All Children.....	571	99.9	98.4	85.2	35.0	6.4	50.2	53.7	70.0	65.5
Age:										
1-3.....	347	99.9	98.2	86.7	32.0	7.4	49.0	53.0	74.5	69.7
4-5.....	224	100.0	98.9	82.8	39.6	4.9	52.0	54.9	63.2	58.9
Income Level:										
0-75% Poverty.....	230	100.0	99.8	91.0	32.1	6.5	38.6	50.8	77.2	63.4
76-130% Poverty.....	195	100.0	95.9	78.3	38.1	4.6	60.7	54.5	65.2	66.8
Over 130% Poverty....	91	99.5	99.5	82.6	36.4	9.3	70.1	63.4	65.1	73.8
0-100% Poverty.....	311	100.0	98.2	89.8	30.3	6.1	41.5	54.0	76.3	65.9
0-130% Poverty.....	426	100.0	98.0	85.2	34.9	5.6	48.8	52.5	71.7	64.9
Region:										
Northeast.....	112	100.0	100.0	93.5	22.8	6.0	43.1	64.2	75.9	59.0
Midwest.....	111	100.0	95.5	66.1	66.4	13.0	67.9	41.3	50.4	59.7
South.....	217	99.8	98.4	93.9	19.6	4	48.7	49.5	75.7	66.8
West.....	131	100.0	99.7	79.8	44.1	11.2	43.7	62.3	72.5	73.7
Food Stamp Status:										
Participating.....	267	100.0	99.8	91.8	29.9	4.8	38.1	47.0	72.5	60.4
Not Participating....	304	99.9	97.2	79.3	39.4	7.8	60.8	59.6	67.9	69.9
All Women.....	965	91.7	77.4	58.6	29.6	3.9	33.3	56.6	59.8	45.5
Age:										
19-34.....	599	92.8	80.3	59.3	33.1	3.8	37.4	57.9	62.4	45.8
35-50.....	366	89.8	72.6	57.4	23.9	4.2	26.6	54.5	55.6	45.1
Income Level:										
0-75% Poverty.....	391	89.2	73.4	59.8	21.3	1.9	27.0	54.7	61.0	43.8
76-130% Poverty.....	311	94.1	80.6	55.8	39.6	6.0	36.4	56.7	53.3	48.3
Over 130% Poverty....	168	96.2	77.3	59.5	30.3	3.4	45.7	65.3	65.1	45.7
0-100% Poverty.....	514	90.5	75.5	60.6	24.6	2.6	30.1	56.2	61.9	45.0
0-130% Poverty.....	702	91.3	76.6	58.0	29.4	3.7	31.1	55.6	57.6	45.8
Region:										
Northeast.....	241	93.8	84.1	77.8	19.0	5.6	34.7	60.7	59.5	45.3
Midwest.....	212	93.0	79.2	38.5	52.2	1.2	43.6	65.5	52.2	44.3
South.....	335	87.5	70.0	58.8	17.0	2.5	25.4	47.8	61.2	40.2
West.....	177	95.0	80.1	56.1	40.8	7.8	34.3	57.1	66.5	57.3
Food Stamp Status:										
Participating.....	417	86.5	73.9	59.4	21.9	1.6	29.2	50.9	65.7	41.5
Not Participating....	548	95.6	80.0	57.9	35.4	5.8	36.5	61.0	55.3	48.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-2A.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Milk and Milk Products							Eggs	Legumes, Nuts, Seeds	
		Total	Total	Fluid Milk		Yogurt	Cream	Cheese			
		Milk and	Milk and			and	Milk				
		Milk Products	Milk Products	Total	Whole	Lowfat/Skim	Desserts				
		Number	Grams	Calcium Equivalent	Grams						
All Children.....	571	50	53	38	35	3	(*)	5	1	1	2
Age:											
1-3.....	347	30	33	23	19	4	(*)	4	(*)	1	2
4-5.....	224	81	85	62	59	3	0	7	1	1	3
Income Level:											
0-75% Poverty.....	230	58	61	49	43	5	(*)	4	1	1	3
76-130% Poverty.....	195	51	54	37	34	3	0	7	1	1	2
Over 130% Poverty....	91	51	54	32	31	2	0	5	1	1	1
0-100% Poverty.....	311	56	60	46	41	4	(*)	5	1	1	2
0-130% Poverty.....	426	55	58	43	39	4	(*)	6	1	1	2
Region:											
Northeast.....	112	21	25	17	17	1	0	2	1	(*)	(*)
Midwest.....	111	71	75	49	37	12	0	12	1	2	2
South.....	217	65	67	52	50	1	0	3	1	1	2
West.....	131	32	36	25	23	2	1	5	1	1	3
Food Stamp Status:											
Participating.....	267	53	57	44	40	4	0	4	1	1	2
Not Participating....	304	48	50	34	31	3	(*)	6	1	1	2
All Women.....	965	24	32	12	7	4	(*)	6	2	2	2
Age:											
19-34.....	599	29	39	14	7	7	(*)	7	3	2	2
35-50.....	366	15	20	8	8	(*)	(*)	3	1	2	1
Income Level:											
0-75% Poverty.....	391	16	24	9	6	3	0	3	2	2	1
76-130% Poverty.....	311	35	45	13	7	6	(*)	10	3	1	3
Over 130% Poverty....	168	25	34	17	11	6	0	5	3	3	1
0-100% Poverty.....	514	17	24	8	6	2	0	4	2	1	2
0-130% Poverty.....	702	25	33	11	7	4	(*)	6	2	1	2
Region:											
Northeast.....	241	22	30	13	10	2	(*)	3	2	2	2
Midwest.....	212	43	55	18	8	11	0	13	4	1	1
South.....	335	16	21	8	6	1	(*)	3	2	2	2
West.....	177	19	25	10	5	5	(*)	5	2	2	3
Food Stamp Status:											
Participating.....	417	18	23	10	8	2	(*)	3	1	1	2
Not Participating....	548	28	38	13	7	6	(*)	7	3	2	2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.2-2B.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using at Least Once,  
4 Nonconsecutive Days, Low-Income Households, 1985

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	Milk and Milk Products						:	:	:
	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	
	Individuals:	Total	Fluid Milk	Yogurt	Cream	and Cheese	Eggs	Legumes, Nuts, Seeds			
	:	Milk and Milk Products:	:	:	Milk Desserts:	:	:	:			
:	:	Total:Whole:Lowfat/Skim:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:		
	Number	Percent									
All Children.....	571	52.3	38.8	35.2	5.3	0.4	21.1	6.8	5.3	11.7	
Age:											
1-3.....	347	42.1	29.6	25.8	5.4	.6	18.6	4.8	4.8	8.8	
4-5.....	224	68.0	53.0	49.8	5.2	.0	25.0	9.8	6.0	16.3	
Income Level:											
0-75% Poverty.....	230	49.6	44.7	40.0	7.8	.9	14.3	5.9	6.4	12.1	
76-130% Poverty.....	195	60.3	38.3	34.3	5.1	.0	32.1	6.9	5.6	12.2	
Over 130% Poverty....	91	62.0	39.4	37.4	2.9	.0	22.3	11.5	4.4	14.1	
0-100% Poverty.....	311	51.9	43.2	39.1	6.4	.7	17.3	7.8	6.6	12.4	
0-130% Poverty.....	426	54.5	41.7	37.4	6.5	.5	22.5	6.4	6.1	12.2	
Region:											
Northeast.....	112	28.6	17.7	17.2	1.2	.0	11.3	7.8	1.9	.8	
Midwest.....	111	79.3	47.8	40.7	15.4	.0	43.8	4.9	9.4	11.3	
South.....	217	51.1	43.4	42.0	2.4	.0	12.7	6.3	5.0	19.3	
West.....	131	51.5	41.3	34.7	5.3	1.6	23.9	8.1	5.2	8.8	
Food Stamp Status:											
Participating.....	267	46.8	40.0	36.7	4.8	.0	17.8	6.5	5.9	8.5	
Not Participating....	304	57.1	37.7	33.9	5.8	.7	24.0	7.0	4.7	14.5	
All Women.....	965	41.2	18.9	14.6	5.2	.3	16.6	17.2	8.9	9.8	
Age:											
19-34.....	599	46.0	20.1	14.1	7.3	.3	19.4	20.1	9.0	12.0	
35-50.....	366	33.3	16.9	15.5	1.6	.3	11.9	12.4	8.8	6.3	
Income Level:											
0-75% Poverty.....	391	32.6	10.8	9.3	2.5	.0	9.9	16.5	9.2	5.5	
76-130% Poverty.....	311	49.9	24.9	16.6	8.6	.8	20.5	17.5	5.7	15.4	
Over 130% Poverty....	168	49.4	27.7	22.4	6.9	.0	26.5	23.2	16.8	10.9	
0-100% Poverty.....	514	35.6	12.5	11.0	2.5	.0	12.8	16.2	8.2	7.4	
0-130% Poverty.....	702	40.2	17.0	12.6	5.2	.4	14.6	16.9	7.7	9.9	
Region:											
Northeast.....	241	43.4	26.7	25.2	3.3	.4	14.3	15.8	8.1	7.9	
Midwest.....	212	44.2	20.8	9.9	12.6	.0	23.2	19.7	5.4	11.9	
South.....	335	37.2	14.0	12.1	2.0	.4	12.8	15.2	9.8	7.1	
West.....	177	42.1	15.3	11.0	4.7	.4	18.8	20.1	12.5	15.0	
Food Stamp Status:											
Participating.....	417	30.8	14.7	12.0	3.4	.4	12.4	12.1	7.4	5.0	
Not Participating....	548	49.1	22.1	16.7	6.5	.2	19.7	21.1	10.1	13.5	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Total Food

NOTE: See "Table Notes."

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Table 1.3-1B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Dark-Green Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number							
All Children.....	571	99.9	99.3	87.8	67.0	15.1	22.6	87.6
Age:								
1-3.....	347	99.9	99.3	87.1	66.3	14.6	19.8	85.2
4-5.....	224	100.0	99.4	89.0	68.0	15.8	27.0	91.3
Income Level:								
0-75% Poverty.....	230	100.0	99.1	85.0	72.7	18.3	18.6	83.2
76-130% Poverty.....	195	99.8	99.1	90.5	57.2	16.2	24.0	90.9
Over 130% Poverty....	91	100.0	100.0	96.6	79.5	4.0	26.5	97.0
0-100% Poverty.....	311	99.8	99.0	85.7	71.0	18.8	20.5	84.5
0-130% Poverty.....	426	99.9	99.1	87.5	65.6	17.3	21.0	86.7
Region:								
Northeast.....	112	100.0	98.6	83.9	62.8	17.8	20.6	82.8
Midwest.....	111	100.0	100.0	95.0	73.3	2.9	13.3	83.3
South.....	217	100.0	99.7	92.9	67.6	19.6	25.3	91.7
West.....	131	99.6	98.9	76.7	64.1	15.6	27.8	88.5
Food Stamp Status:								
Participating.....	267	100.0	99.3	83.2	62.1	12.7	18.8	81.6
Not Participating....	304	99.8	99.4	91.9	71.2	17.2	26.0	92.9
All Women.....	965	99.4	98.9	78.3	68.1	21.3	21.1	91.1
Age:								
19-34.....	599	99.2	98.6	80.3	72.1	16.0	23.0	90.1
35-50.....	366	99.6	99.3	74.9	61.6	30.1	17.9	92.8
Income Level:								
0-75% Poverty.....	391	99.2	98.1	74.6	63.9	20.8	13.4	88.9
76-130% Poverty.....	311	99.3	99.3	80.7	70.5	22.4	28.1	93.6
Over 130% Poverty....	168	99.6	99.6	83.3	73.5	24.6	28.0	92.2
0-100% Poverty.....	514	99.4	98.6	76.4	66.5	21.7	18.7	90.9
0-130% Poverty.....	702	99.3	98.6	77.3	66.8	21.5	19.9	91.0
Region:								
Northeast.....	241	99.4	98.9	79.2	65.0	29.2	24.4	91.2
Midwest.....	212	99.5	99.2	82.6	66.6	13.6	22.2	90.1
South.....	335	99.4	98.5	76.2	70.4	22.8	15.3	92.3
West.....	177	99.2	99.2	75.8	69.8	16.9	26.2	90.0
Food Stamp Status:								
Participating.....	417	99.3	98.2	76.7	62.6	17.4	16.3	88.0
Not Participating....	548	99.5	99.4	79.5	72.3	24.3	24.7	93.6

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.3-2A.--Vegetables: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Vegetables and Fruits	Total Vegetables	White Potatoes	Dark-Green Tomatoes	Dark-Green Vegetables	Deep-Yellow Vegetables	Other Vegetables
	Number							
All Children.....	571	37	17	8	2	1	1	6
Age:								
1-3.....	347	28	13	6	2	(*)	(*)	5
4-5.....	224	51	23	10	2	1	2	8
Income Level:								
0-75% Poverty.....	230	38	16	8	1	1	2	5
76-130% Poverty.....	195	39	17	6	2	1	1	9
Over 130% Poverty....	91	41	22	13	4	0	(*)	5
0-100% Poverty.....	311	39	18	8	1	1	2	6
0-130% Poverty.....	426	39	17	7	1	1	1	6
Region:								
Northeast.....	112	22	9	4	1	0	(*)	4
Midwest.....	111	35	20	11	4	(*)	(*)	4
South.....	217	48	22	8	1	1	2	9
West.....	131	33	13	7	1	(*)	1	4
Food Stamp Status:								
Participating.....	267	33	15	7	1	(*)	1	5
Not Participating....	304	40	19	8	2	1	1	7
All Women.....	965	38	28	11	4	2	1	10
Age:								
19-34.....	599	43	32	13	5	1	1	11
35-50.....	366	30	21	8	2	2	1	8
Income Level:								
0-75% Poverty.....	391	31	24	11	4	1	1	7
76-130% Poverty.....	311	47	34	12	6	2	2	13
Over 130% Poverty....	168	50	33	14	4	2	1	13
0-100% Poverty.....	514	34	26	11	4	2	1	8
0-130% Poverty.....	702	38	29	12	5	2	1	10
Region:								
Northeast.....	241	42	29	10	4	1	1	13
Midwest.....	212	38	31	14	6	1	1	9
South.....	335	35	25	11	3	2	(*)	9
West.....	177	36	27	12	4	2	1	9
Food Stamp Status:								
Participating.....	417	33	25	11	4	1	1	8
Not Participating....	548	42	30	11	4	2	1	11

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 1.3-2B.--Vegetables: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	:	:	:	:	:
	:	Total	Total	White		Dark-Green	Deep-Yellow	Other
	Individuals	Vegetables	Vegetables	Potatoes	Tomatoes	Vegetables	Vegetables	Vegetables
	:	and Fruits	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	Percent						
All Children.....	571	57.0	46.6	35.6	17.5	3.2	6.2	26.4
Age:								
1-3.....	347	50.7	41.9	32.3	16.9	.8	3.3	20.4
4-5.....	224	66.8	53.9	40.6	18.3	6.8	10.8	35.8
Income Level:								
0-75% Poverty.....	230	57.2	44.1	33.9	18.1	2.7	9.6	23.1
76-130% Poverty.....	195	56.8	45.1	29.2	13.2	5.4	3.1	31.7
Over 130% Poverty....	91	67.2	64.7	60.5	33.0	.0	5.4	30.7
0-100% Poverty.....	311	58.7	45.4	36.5	17.4	2.8	8.9	26.0
0-130% Poverty.....	426	57.0	44.5	31.7	15.8	3.9	6.6	27.1
Region:								
Northeast.....	112	33.6	29.0	24.0	12.0	.0	2.7	12.2
Midwest.....	111	61.5	55.9	44.7	34.3	.8	4.5	26.1
South.....	217	66.0	52.3	39.9	15.0	6.6	8.9	36.4
West.....	131	58.2	44.4	30.5	12.0	2.2	6.2	22.3
Food Stamp Status:								
Participating.....	267	53.9	43.5	31.0	15.2	1.5	8.0	24.6
Not Participating....	304	59.7	49.3	39.6	19.5	4.7	4.7	28.0
All Women.....	965	55.9	52.9	34.9	23.4	5.5	6.5	37.5
Age:								
19-34.....	599	62.5	59.8	39.9	28.3	5.2	6.5	41.2
35-50.....	366	45.1	41.5	26.7	15.4	6.0	6.4	31.4
Income Level:								
0-75% Poverty.....	391	49.7	48.2	34.1	20.2	4.6	3.8	32.7
76-130% Poverty.....	311	65.0	63.1	37.1	28.5	6.6	10.7	45.7
Over 130% Poverty....	168	64.4	56.1	40.5	30.9	7.7	8.0	41.7
0-100% Poverty.....	514	53.0	51.1	34.6	22.5	5.7	4.8	35.5
0-130% Poverty.....	702	56.5	54.8	35.4	23.9	5.5	6.8	38.5
Region:								
Northeast.....	241	53.5	49.3	32.4	22.1	6.3	9.3	35.2
Midwest.....	212	56.5	56.1	41.0	27.1	4.4	10.4	36.5
South.....	335	54.6	51.2	33.8	20.1	5.8	1.3	39.6
West.....	177	60.9	57.0	32.9	27.1	5.0	7.8	37.9
Food Stamp Status:								
Participating.....	417	49.1	46.5	34.6	21.9	3.7	5.4	29.0
Not Participating....	548	61.1	57.7	35.1	24.6	6.9	7.3	44.0

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-1A.--Fruits: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Citrus Fruits and Juices		:	Other Fruits, Mixtures, Juices				
	:	:	:	:	:	:	:	:	:	:
	Individuals	Total			Dried	:	:	:	:	:
	:	:	:	:	Fruits	:	:	:	Other Fruits,	Noncitrus
	:	:	Total	Juices	:	Total	Apples	Bananas	Mixtures	Juices,
:	:	:	:	:	:	:	:	Mainly Fruit	Nectars	
:	:	:	:	:	:	:	:	:	:	:
	Number	Grams								
All Children.....	571	143	55	49	1	88	19	11	20	37
Age:										
1-3.....	347	141	56	49	1	85	17	14	14	41
4-5.....	224	145	53	48	1	91	23	8	29	31
Income Level:										
0-75% Poverty.....	230	151	67	60	1	84	19	10	17	38
76-130% Poverty.....	195	132	46	41	1	85	18	11	19	36
Over 130% Poverty....	91	131	35	28	1	96	21	16	24	35
0-100% Poverty.....	311	154	64	58	1	89	20	10	18	42
0-130% Poverty.....	426	142	57	51	1	84	19	10	18	37
Region:										
Northeast.....	112	218	91	84	(*)	126	19	10	23	74
Midwest.....	111	98	29	27	1	68	25	15	10	18
South.....	217	120	47	43	(*)	73	15	10	22	27
West.....	131	155	57	48	2	96	23	13	23	38
Food Stamp Status:										
Participating.....	267	148	64	59	1	84	16	9	16	42
Not Participating....	304	138	46	40	1	91	22	13	23	33
All Women.....	965	92	50	44	(*)	42	10	5	16	10
Age:										
19-34.....	599	89	48	43	(*)	41	10	4	17	10
35-50.....	366	97	54	46	(*)	43	11	7	14	10
Income Level:										
0-75% Poverty.....	391	75	44	39	(*)	32	9	4	11	7
76-130% Poverty.....	311	99	52	45	(*)	47	10	7	16	14
Over 130% Poverty....	168	111	54	44	1	56	15	6	25	10
0-100% Poverty.....	514	82	46	42	(*)	36	9	5	12	9
0-130% Poverty.....	702	86	47	42	(*)	39	10	5	13	10
Region:										
Northeast.....	241	115	69	60	(*)	45	10	6	18	10
Midwest.....	212	76	37	32	(*)	39	15	6	11	7
South.....	335	79	46	40	(*)	33	8	4	13	8
West.....	177	105	49	44	1	55	9	6	23	18
Food Stamp Status:										
Participating.....	417	85	57	52	(*)	28	6	4	11	7
Not Participating....	548	98	46	38	(*)	52	13	7	19	13

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-1B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	:	:	Citrus Fruits and Juices		:	Other Fruits, Mixtures, Juices				
	:	:	:	:	:	:	:	:	:	:
	Individuals	Total Fruits	:	:	Dried Fruits	:	:	:	Other Fruits, Mixtures	Noncitrus Juices,
	:	:	Total	Juices	:	Total	Apples	Bananas	Mainly Fruit	Nectars
	:	:	:	:	:	:	:	:	:	:
	Number	Percent								
All Children.....	571	91.5	62.4	54.4	4.4	81.1	48.2	33.4	41.1	31.1
Age:										
1-3.....	347	90.3	62.1	52.5	5.4	78.4	44.0	41.0	35.3	35.5
4-5.....	224	93.3	62.9	57.3	2.9	85.3	54.7	21.4	50.1	24.4
Income Level:										
0-75% Poverty.....	230	90.1	72.3	65.5	2.6	76.8	42.3	27.9	41.8	31.9
76-130% Poverty.....	195	91.2	59.0	50.0	5.5	82.9	49.0	31.1	34.8	25.4
Over 130% Poverty....	91	99.3	46.2	32.7	5.7	93.9	67.3	45.2	47.5	32.1
0-100% Poverty.....	311	90.1	69.7	63.0	4.9	78.2	45.2	29.5	40.1	31.6
0-130% Poverty.....	426	90.6	66.2	58.4	4.0	79.6	45.4	29.3	38.6	28.9
Region:										
Northeast.....	112	92.8	76.7	69.2	4.9	80.3	43.7	34.1	41.1	44.5
Midwest.....	111	95.2	39.9	35.2	2.9	90.6	62.7	36.7	31.2	27.0
South.....	217	91.8	65.6	58.5	2.2	77.4	42.9	28.6	41.5	24.1
West.....	131	86.6	64.1	51.4	8.9	80.0	48.4	37.7	48.7	34.9
Food Stamp Status:										
Participating.....	267	83.4	66.6	60.7	4.1	71.3	34.7	28.7	36.5	32.2
Not Participating....	304	98.5	58.8	48.9	4.8	89.7	60.1	37.4	45.1	30.2
All Women.....	965	69.3	46.6	40.8	1.5	51.2	19.5	14.5	27.9	11.7
Age:										
19-34.....	599	66.9	42.4	38.6	1.7	49.0	16.8	13.1	30.0	11.2
35-50.....	366	73.2	53.3	44.3	1.2	54.9	24.0	16.8	24.5	12.4
Income Level:										
0-75% Poverty.....	391	63.8	42.1	38.3	1.1	42.2	17.6	12.5	20.2	9.8
76-130% Poverty.....	311	75.9	48.7	41.4	1.4	61.7	21.3	18.2	32.5	15.8
Over 130% Poverty....	168	75.2	49.3	41.3	3.7	60.4	26.4	12.1	38.9	9.4
0-100% Poverty.....	514	67.1	44.5	40.1	1.2	46.5	18.2	13.7	22.4	11.8
0-130% Poverty.....	702	69.2	45.0	39.6	1.2	50.8	19.3	15.0	25.6	12.5
Region:										
Northeast.....	241	71.1	54.9	49.2	2.6	53.3	17.6	15.5	33.6	14.2
Midwest.....	212	69.0	41.4	34.7	.7	48.7	25.0	14.2	20.3	9.2
South.....	335	66.6	46.5	41.4	.6	48.1	18.5	12.2	23.0	9.0
West.....	177	72.0	41.5	35.3	2.9	57.3	17.7	17.7	38.8	16.2
Food Stamp Status:										
Participating.....	417	63.3	47.8	43.1	.8	37.8	14.1	10.8	17.3	9.3
Not Participating....	548	73.8	45.6	39.0	2.1	61.4	23.7	17.3	36.1	13.4

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-2A.--Fruits: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	:	:	:	Other Fruits, Mixtures, Juices				
	:	:	Citrus Fruits	:	:					
	:	:	and Juices	:	Dried					
	Individuals	Total	:	:	Fruits	:	:	:	:	:
	:	:	Total	Juices	:	Total	Apples	Bananas	Other Fruits, Mixtures	Noncitrus Juices,
	:	:	:	:	:	:	:	:	Mainly Fruit	Nectars
	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:
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NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.4-2B.--Fruits: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	:	:	Citrus Fruits and Juices			:	Other Fruits, Mixtures, Juices				
	:	:	:	:	:	:	:	:	:	:	:
	Individuals	Total Fruits				Dried Fruits					
	:	:	Total	Juices	:	Total	Apples	Bananas	Other Fruits, Mixtures Mainly Fruit	Noncitrus Juices, Nectars	
	:	:	:	:	:	:	:	:	:	:	
<hr/>											
	Number	Percent									
All Children.....	571	34.5	19.0	16.3	0.6	26.0	9.3	4.9	13.0	6.2	
Age:											
1-3.....	347	25.4	12.8	11.1	.6	20.1	6.0	6.5	5.7	6.7	
4-5.....	224	48.6	28.7	24.4	.5	35.2	14.6	2.5	24.3	5.3	
Income Level:											
0-75% Poverty.....	230	37.5	23.0	19.0	.2	29.3	8.9	3.9	15.2	9.3	
76-130% Poverty.....	195	34.3	19.0	17.6	1.4	26.1	10.3	5.1	12.8	5.2	
Over 130% Poverty....	91	37.5	14.2	12.1	.0	28.1	10.8	8.8	14.8	4.2	
0-100% Poverty.....	311	38.5	22.0	18.4	.7	30.4	9.5	4.9	16.1	7.6	
0-130% Poverty.....	426	36.0	21.2	18.3	.7	27.8	9.5	4.4	14.1	7.4	
Region:											
Northeast.....	112	21.2	11.6	11.2	.0	13.1	4.0	3.5	5.1	4.6	
Midwest.....	111	30.3	12.6	11.3	1.8	22.7	12.2	2.3	9.8	6.7	
South.....	217	44.6	28.0	26.3	.5	32.1	9.4	8.3	16.7	6.4	
West.....	131	32.6	15.9	8.3	.0	29.8	11.5	2.8	16.2	6.7	
Food Stamp Status:											
Participating.....	267	32.5	19.3	15.4	.5	26.3	8.8	3.6	14.0	5.8	
Not Participating....	304	36.3	18.8	17.1	.6	25.8	9.9	6.1	12.1	6.5	
<hr/>											
All Women.....	965	16.9	8.5	7.7	.4	10.2	2.3	1.4	6.2	1.4	
Age:											
19-34.....	599	18.2	8.5	7.7	.0	11.0	2.2	.7	7.8	1.0	
35-50.....	366	14.9	8.5	7.8	1.1	8.8	2.7	2.5	3.5	2.0	
Income Level:											
0-75% Poverty.....	391	11.9	6.6	5.8	.0	6.6	2.6	.9	3.1	.9	
76-130% Poverty.....	311	20.9	9.2	8.9	.9	13.0	1.8	2.2	8.1	2.0	
Over 130% Poverty....	168	25.9	12.1	10.5	.7	18.7	4.1	2.0	12.9	2.3	
0-100% Poverty.....	514	14.2	8.0	7.4	.2	7.2	2.4	1.2	3.7	.7	
0-130% Poverty.....	702	15.9	7.8	7.2	.4	9.4	2.2	1.4	5.3	1.4	
Region:											
Northeast.....	241	14.8	7.6	6.8	1.2	9.8	1.9	1.8	4.7	2.6	
Midwest.....	212	16.5	3.8	3.6	.0	13.6	4.8	1.3	7.7	.9	
South.....	335	18.7	13.5	12.4	.0	7.4	1.7	1.5	4.2	.9	
West.....	177	17.1	6.1	5.1	.7	11.9	1.3	.9	10.1	1.3	
Food Stamp Status:											
Participating.....	417	12.4	7.6	6.9	.0	6.5	1.3	1.1	2.9	.7	
Not Participating....	548	20.4	9.2	8.4	.7	13.0	3.2	1.7	8.7	2.0	

NOTE: See "Table Notes."

SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Total Food

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.





Table 1.5-2A.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Grain Products						Fats and Oils			Sugars and Sweets		
		Yeast Total Grain Products	Breads and Rolls	Other Baked Goods	Pastas : Ready- : Total : Cereals	Mixtures : Mainly : Grain : to-Eat : Cereals	Total Fats and Oils	Table Fats	Salad Dressings	Total Sugars and Sweets	Candy		
Number	Grams												
All Children.....	571	23	6	7	3	1	7	1	(*)	(*)	4	(*)	1
Age:													
1-3.....	347	17	4	5	3	1	6	(*)	(*)	(*)	4	(*)	2
4-5.....	224	32	9	10	4	1	9	1	(*)	(*)	5	(*)	1
Income Level:													
0-75% Poverty.....	230	27	7	7	3	1	10	1	(*)	(*)	5	(*)	1
76-130% Poverty.....	195	27	6	9	5	1	8	1	(*)	(*)	3	(*)	1
Over 130% Poverty....	91	15	5	4	3	(*)	4	(*)	(*)	(*)	6	(*)	5
0-100% Poverty.....	311	28	7	8	3	1	10	1	(*)	(*)	5	(*)	1
0-130% Poverty.....	426	27	6	8	4	1	9	1	(*)	(*)	4	(*)	1
Region:													
Northeast.....	112	13	2	3	2	(*)	6	(*)	(*)	(*)	2	(*)	1
Midwest.....	111	29	5	11	4	1	9	1	(*)	(*)	7	(*)	4
South.....	217	26	7	7	4	1	8	1	(*)	(*)	4	(*)	(*)
West.....	131	22	6	6	3	1	6	1	(*)	1	4	(*)	1
Food Stamp Status:													
Participating.....	267	25	8	6	3	1	8	1	(*)	(*)	4	(*)	1
Not Participating....	304	22	4	8	4	1	7	1	(*)	(*)	5	(*)	2
All Women.....	965	27	6	9	2	(*)	9	2	1	2	4	1	1
Age:													
19-34.....	599	31	7	11	3	(*)	11	2	1	2	6	1	1
35-50.....	366	19	5	7	2	(*)	6	2	(*)	1	2	1	1
Income Level:													
0-75% Poverty.....	391	25	6	8	3	(*)	8	2	(*)	1	2	(*)	1
76-130% Poverty.....	311	30	7	11	2	(*)	10	3	1	2	9	1	1
Over 130% Poverty....	168	27	7	10	(*)	(*)	10	3	1	2	3	1	1
0-100% Poverty.....	514	26	6	9	3	(*)	8	2	(*)	1	3	(*)	1
0-130% Poverty.....	702	27	6	9	3	(*)	9	2	1	1	5	(*)	1
Region:													
Northeast.....	241	31	7	9	2	(*)	13	3	1	2	2	1	2
Midwest.....	212	23	7	9	(*)	0	7	3	1	2	12	1	2
South.....	335	25	5	10	4	(*)	6	1	(*)	1	2	(*)	1
West.....	177	28	6	10	2	(*)	10	3	1	2	3	1	1
Food Stamp Status:													
Participating.....	417	21	5	6	2	(*)	8	2	(*)	1	3	(*)	1
Not Participating....	548	31	7	12	2	(*)	9	3	1	2	6	1	1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Food Obtained and Eaten Away From Home

NOTE: See "Table Notes."

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Table 1.6-1A.--Beverages: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
			Total	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Aides		Carbonated Soft Drinks			
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
Number	Grams												
All Children.....	571	207	0	0	207	(*)	34	92	86	5	81	75	6
Age:													
1-3.....	347	192	0	0	192	(*)	29	89	83	7	74	68	6
4-5.....	224	231	0	0	231	(*)	42	95	92	4	94	88	6
Income Level:													
0-75% Poverty.....	230	193	0	0	193	1	33	90	86	5	70	65	4
76-130% Poverty.....	195	225	0	0	225	0	35	106	100	6	84	77	7
Over 130% Poverty....	91	222	0	0	222	(*)	51	86	75	10	85	76	8
0-100% Poverty.....	311	210	0	0	210	(*)	32	102	98	4	76	69	6
0-130% Poverty.....	426	208	0	0	208	(*)	34	97	92	5	76	71	6
Region:													
Northeast.....	112	149	0	0	149	0	18	72	65	8	58	54	4
Midwest.....	111	195	0	0	195	(*)	12	92	83	9	91	81	10
South.....	217	254	0	0	254	(*)	65	98	93	5	90	86	4
West.....	131	191	0	0	191	(*)	14	98	97	1	79	71	8
Food Stamp Status:													
Participating.....	267	202	0	0	202	(*)	31	97	95	2	74	69	5
Not Participating....	304	212	0	0	212	(*)	37	87	79	9	88	81	7
All Women.....	965	699	41	30	663	241	117	60	56	4	255	210	46
Age:													
19-34.....	599	711	40	30	673	204	132	69	65	4	284	242	43
35-50.....	366	679	43	29	645	300	91	45	41	4	208	157	51
Income Level:													
0-75% Poverty.....	391	675	39	35	643	238	98	66	62	4	253	221	32
76-130% Poverty.....	311	710	32	20	684	226	143	58	55	4	268	216	53
Over 130% Poverty....	168	766	62	31	704	264	134	48	44	4	258	187	71
0-100% Poverty.....	514	696	41	34	661	243	111	67	63	4	255	220	36
0-130% Poverty.....	702	690	36	28	661	233	118	62	59	4	260	218	41
Region:													
Northeast.....	241	703	68	44	635	288	88	52	50	2	207	170	36
Midwest.....	212	740	30	20	710	273	83	42	40	2	325	244	81
South.....	335	654	24	21	639	148	165	73	67	6	253	225	28
West.....	177	728	52	39	686	314	103	66	61	5	242	193	49
Food Stamp Status:													
Participating.....	417	700	64	47	643	231	99	77	74	2	249	213	36
Not Participating....	548	698	24	17	677	248	130	47	42	5	260	207	53

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-1B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Total Food

Age, Income Level, Region, and Food Stamp Program Status	Total Individuals	Total Beverages	Nonalcoholic Beverages										
			Alcoholic Beverages			Fruit Drinks and Ales							
			Total	Beer and Ale	Total	Coffee	Tea	Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
	Number												
All Children.....	571	90.7	0.0	0.0	90.7	0.8	28.5	66.5	65.5	5.9	66.3	63.4	10.1
Age:													
1-3.....	347	90.4	.0	.0	90.4	.6	24.6	71.0	70.4	7.4	63.8	61.7	10.9
4-5.....	224	91.3	.0	.0	91.3	1.2	34.5	59.5	57.9	3.6	70.3	66.1	8.8
Income Level:													
0-75% Poverty.....	230	89.7	.0	.0	89.7	.9	31.5	66.9	65.6	5.6	56.2	52.2	7.7
76-130% Poverty.....	195	90.8	.0	.0	90.8	.0	24.5	66.3	64.8	5.6	70.8	68.5	12.2
Over 130% Poverty....	91	91.8	.0	.0	91.8	1.6	39.8	72.5	72.5	10.8	72.1	71.5	14.2
0-100% Poverty.....	311	90.4	.0	.0	90.4	.7	31.0	69.4	68.5	4.6	61.6	57.3	11.6
0-130% Poverty.....	426	90.2	.0	.0	90.2	.5	28.3	66.6	65.2	5.6	62.9	59.6	9.8
Region:													
Northeast.....	112	83.3	.0	.0	83.3	.0	16.3	59.5	56.8	8.4	52.4	50.2	8.9
Midwest.....	111	93.4	.0	.0	93.4	.4	14.2	63.3	62.3	9.3	71.9	71.4	17.1
South.....	217	95.9	.0	.0	95.9	1.0	51.3	71.8	71.4	5.4	70.8	69.3	3.6
West.....	131	86.2	.0	.0	86.2	1.6	13.1	66.3	65.7	1.6	66.1	58.2	16.0
Food Stamp Status:													
Participating.....	267	89.7	.0	.0	89.7	.6	25.1	64.3	63.6	3.3	64.0	59.9	9.1
Not Participating....	304	91.7	.0	.0	91.7	1.0	31.5	68.4	67.1	8.2	68.4	66.5	11.0
All Women.....	965	98.6	18.3	9.4	98.4	62.1	42.9	40.2	37.7	3.9	81.8	73.3	20.8
Age:													
19-34.....	599	98.4	21.6	10.8	98.2	57.4	45.4	43.1	40.2	4.0	88.5	81.9	19.3
35-50.....	366	98.9	12.9	7.2	98.7	69.9	38.8	35.5	33.7	3.8	70.9	59.4	23.2
Income Level:													
0-75% Poverty.....	391	98.3	15.2	11.7	98.0	61.9	37.0	39.4	36.7	3.7	78.3	70.9	18.2
76-130% Poverty.....	311	98.0	19.1	6.8	97.8	59.6	44.2	41.2	39.8	4.0	82.1	74.4	24.6
Over 130% Poverty....	168	100.0	25.0	9.0	100.0	67.1	57.0	37.2	34.4	4.2	85.2	71.2	25.2
0-100% Poverty.....	514	98.3	18.2	11.4	98.1	64.1	39.1	40.5	38.5	3.6	80.5	72.9	20.3
0-130% Poverty.....	702	98.1	16.9	9.5	97.9	60.9	40.2	40.2	38.1	3.8	80.0	72.4	21.0
Region:													
Northeast.....	241	99.8	25.5	11.1	99.8	69.8	38.4	38.4	37.3	1.4	74.4	66.3	20.8
Midwest.....	212	97.9	16.7	8.3	97.9	53.7	24.9	32.3	30.5	2.4	84.2	75.3	24.9
South.....	335	98.2	11.3	7.6	98.2	59.9	60.6	41.3	36.9	6.0	84.8	76.0	19.6
West.....	177	98.6	23.6	11.9	97.7	66.0	37.1	49.9	48.5	5.2	83.2	75.5	17.9
Food Stamp Status:													
Participating.....	417	98.1	19.8	12.9	97.9	61.0	34.6	45.1	43.4	2.8	80.0	73.7	16.5
Not Participating....	548	98.9	17.1	6.8	98.9	63.0	49.2	36.5	33.4	4.8	83.2	73.1	24.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 1.6-2A.--Beverages: Mean Intake per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985

Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Beverages	Alcoholic Beverages		Nonalcoholic Beverages								
			Total	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Aides			Carbonated Soft Drinks		
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
Number		Grams											
All Children.....	571	41	0	0	41	0	2	10	10	(*)	29	26	3
Age:													
1-3.....	347	38	0	0	38	0	1	10	9	1	27	23	3
4-5.....	224	46	0	0	46	0	2	11	11	0	32	30	2
Income Level:													
0-75% Poverty.....	230	35	0	0	35	0	2	8	8	(*)	25	24	1
76-130% Poverty.....	195	50	0	0	50	0	2	16	16	1	32	30	2
Over 130% Poverty....	91	41	0	0	41	0	2	7	7	0	32	23	8
0-100% Poverty.....	311	44	0	0	44	0	2	13	12	(*)	30	28	2
0-130% Poverty.....	426	42	0	0	42	0	2	12	12	(*)	28	27	2
Region:													
Northeast.....	112	26	0	0	26	0	0	12	11	1	13	12	2
Midwest.....	111	49	0	0	49	0	0	4	4	0	45	37	8
South.....	217	46	0	0	46	0	4	13	12	(*)	29	28	1
West.....	131	38	0	0	38	0	1	10	10	0	27	25	2
Food Stamp Status:													
Participating.....	267	35	0	0	35	0	1	9	9	0	24	23	1
Not Participating....	304	46	0	0	46	0	2	11	11	1	32	29	4
All Women.....	965	190	24	17	166	39	20	6	6	(*)	102	86	16
Age:													
19-34.....	599	216	24	19	192	35	24	6	6	(*)	128	108	19
35-50.....	366	148	24	13	124	46	13	5	5	0	61	50	11
Income Level:													
0-75% Poverty.....	391	175	18	16	157	32	16	5	5	0	104	88	16
76-130% Poverty.....	311	198	20	12	178	39	19	8	8	(*)	113	97	16
Over 130% Poverty....	168	240	50	28	190	63	27	3	3	0	98	80	17
0-100% Poverty.....	514	175	19	15	156	32	18	6	6	(*)	99	85	14
0-130% Poverty.....	702	185	19	14	167	35	17	7	7	(*)	108	92	16
Region:													
Northeast.....	241	197	44	26	153	44	16	6	6	0	88	73	14
Midwest.....	212	198	14	9	184	53	6	4	4	0	120	95	25
South.....	335	180	13	12	167	20	32	5	5	(*)	110	100	10
West.....	177	193	29	23	164	53	16	8	8	0	86	66	20
Food Stamp Status:													
Participating.....	417	155	33	23	122	26	9	7	7	0	80	65	15
Not Participating....	548	217	17	12	200	49	28	5	5	(*)	119	103	17

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 1.6-2B.--Beverages: Percentage of Individuals Using at Least Once, 4 Nonconsecutive Days, Low-Income Households, 1985

## Food Obtained and Eaten Away From Home

Age, Income Level, Region, and Food Stamp Program Status	Number	Total Individuals	Alcoholic Beverages			Nonalcoholic Beverages							
			Total	Beer and Ale	Total	Coffee	Tea	Fruit Drinks and Ales			Carbonated Soft Drinks		
								Total	Regular	Low- Calorie	Total	Regular	Low- Calorie
All Children.....	571	43.5	0.0	0.0	43.5	0.0	3.4	16.2	15.7	0.5	33.5	30.3	5.0
Age:													
1-3.....	347	43.6	.0	.0	43.6	.0	2.6	16.1	15.2	.8	32.9	28.3	6.0
4-5.....	224	43.2	.0	.0	43.2	.0	4.7	16.4	16.4	.0	34.4	33.2	3.4
Income Level:													
0-75% Poverty.....	230	33.1	.0	.0	33.1	.0	2.9	11.8	11.5	.3	26.9	25.8	1.6
76-130% Poverty.....	195	55.3	.0	.0	55.3	.0	4.2	26.7	25.5	1.1	36.0	35.2	5.4
Over 130% Poverty....	91	50.1	.0	.0	50.1	.0	4.6	10.5	10.5	.0	45.6	31.9	13.7
0-100% Poverty.....	311	39.8	.0	.0	39.8	.0	3.4	17.0	16.8	.2	29.7	28.6	3.2
0-130% Poverty.....	426	43.3	.0	.0	43.3	.0	3.5	18.6	17.9	.7	31.0	30.1	3.3
Region:													
Northeast.....	112	32.3	.0	.0	32.3	.0	.0	20.0	18.1	2.0	15.5	15.5	3.1
Midwest.....	111	60.7	.0	.0	60.7	.0	.0	10.7	10.7	.0	56.6	45.0	13.2
South.....	217	44.0	.0	.0	44.0	.0	8.6	17.7	17.4	.3	35.0	34.7	2.0
West.....	131	37.5	.0	.0	37.5	.0	.8	14.9	14.9	.0	26.5	22.8	4.7
Food Stamp Status:													
Participating.....	267	36.4	.0	.0	36.4	.0	1.9	15.4	15.4	.0	25.5	24.8	2.5
Not Participating....	304	49.6	.0	.0	49.6	.0	4.8	16.9	15.9	1.0	40.4	35.1	7.1
All Women.....	965	68.4	11.2	5.7	67.0	24.8	15.9	6.4	6.4	.1	51.4	44.9	11.1
Age:													
19-34.....	599	73.9	13.5	7.1	72.1	22.6	17.7	7.1	7.1	.1	57.8	52.6	11.4
35-50.....	366	59.5	7.3	3.5	58.5	28.4	12.8	5.2	5.2	.0	40.8	32.2	10.7
Income Level:													
0-75% Poverty.....	391	62.7	7.7	5.8	61.1	21.4	10.5	5.9	5.9	.0	48.2	40.5	11.8
76-130% Poverty.....	311	70.8	12.2	4.5	68.6	24.7	16.3	7.9	7.9	.2	53.3	47.7	11.7
Over 130% Poverty....	168	75.8	20.2	7.9	75.5	33.8	27.3	5.7	5.7	.0	55.4	48.8	11.7
0-100% Poverty.....	514	64.3	9.9	5.9	61.8	21.9	12.4	6.5	6.5	.1	48.5	41.7	11.7
0-130% Poverty.....	702	66.3	9.7	5.2	64.4	22.9	13.1	6.8	6.8	.1	50.5	43.7	11.7
Region:													
Northeast.....	241	66.5	17.0	8.5	64.8	32.5	13.4	4.9	4.9	.0	41.9	38.4	9.1
Midwest.....	212	67.3	10.5	5.6	66.1	25.0	6.3	6.2	6.2	.0	53.8	46.9	13.4
South.....	335	69.6	3.6	2.6	69.4	17.9	24.4	6.0	6.0	.2	56.0	49.0	10.8
West.....	177	70.1	18.4	7.9	66.1	27.2	14.4	9.2	9.2	.0	52.5	43.3	11.8
Food Stamp Status:													
Participating.....	417	61.5	12.0	7.5	59.8	20.4	7.8	8.5	8.5	.0	43.6	38.3	9.2
Not Participating....	548	73.7	10.6	4.4	72.4	28.2	22.0	4.8	4.8	.1	57.3	49.8	12.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.1-A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Children

Food Energy, Nutrients, and Dietary Components	: : Meat, : Poultry, : Fish :	: : Milk, Milk : Products :	: : Eggs :	: : Legumes, : Nuts, Seeds :	: : Grain : Products :	: : Fats, Oils :	: : Sugars, Sweets :
-----Percent-----							
Food Energy.....	17.7	20.2	2.8	3.1	31.0	1.9	3.9
Protein.....	34.5	26.7	4.6	3.8	24.1	.1	.6
Total Fat.....	27.4	25.8	5.2	4.8	21.7	5.1	1.4
Saturated Fat.....	25.3	39.2	3.8	2.4	17.6	3.5	1.8
Monounsaturated Fat.....	32.6	20.7	5.7	6.0	22.1	5.0	1.3
Polyunsaturated Fat.....	20.5	6.6	5.8	8.4	31.2	9.4	.7
Cholesterol.....	28.9	23.3	31.2	.3	14.3	1.0	.2
Carbohydrate.....	3.8	14.2	.2	2.0	39.9	.1	6.8
Dietary Fiber.....	6.0	1.5	.1	9.6	38.3	.0	1.3
Vitamin A (IU).....	8.6	20.7	4.7	.3	32.8	2.7	.1
Vitamin A (RE).....	7.6	25.2	6.6	.2	37.1	4.1	.1
Carotenes.....	9.9	12.2	1.1	.6	22.5	1.9	.1
Vitamin E.....	11.5	8.7	5.7	7.9	36.0	8.6	1.2
Ascorbic Acid.....	8.9	6.7	.1	.3	18.7	.0	.2
Thiamin.....	16.6	14.3	1.5	2.4	49.7	.0	.4
Riboflavin.....	13.9	40.6	4.0	1.0	32.9	.1	.7
Niacin.....	33.1	3.1	.2	4.9	46.3	.0	.4
Vitamin B-6.....	20.5	14.8	2.3	2.7	35.2	.4	.4
Folacin.....	6.8	12.3	5.7	6.0	40.0	.1	.5
Vitamin B-12.....	36.1	36.4	7.0	.2	19.5	.2	.3
Calcium.....	3.9	63.7	2.1	1.1	20.6	.1	.7
Phosphorus.....	17.7	41.0	4.0	3.2	23.7	.1	.8
Magnesium.....	12.4	29.8	1.7	6.5	27.6	.1	1.3
Iron.....	18.6	3.3	4.6	3.2	56.1	.1	1.2
Zinc.....	35.8	23.9	4.0	3.4	25.0	.0	.7
Copper.....	16.5	7.3	1.9	6.5	37.2	.0	1.8
Sodium.....	23.4	14.4	3.2	2.8	42.3	1.6	.6
Potassium.....	15.2	32.9	1.7	3.4	15.0	.1	.9

Table 2.1-A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Citrus		Noncitrus		Other		Nonalcoholic	Alcoholic
	Total	Fruits,	Fruits	Deep-Yellow	White Potatoes	Vegetables		
		Tomatoes		Vegetables				
	-----Percent-----							
Food Energy.....	13.7	2.5	4.0	0.3	5.3	1.6	5.7	0.0
Protein.....	5.7	1.2	.7	.2	2.1	1.5	.0	.0
Total Fat.....	8.7	.5	.5	.2	6.3	1.1	.0	.0
Saturated Fat.....	6.4	.2	.4	.1	5.0	.6	.0	.0
Monounsaturated Fat.....	6.6	.3	.2	.2	4.7	1.2	.0	.0
Polyunsaturated Fat.....	17.4	1.1	.7	.5	12.8	2.3	.1	.0
Cholesterol.....	.9	.1	.0	.0	.7	.2	.0	.0
Carbohydrate.....	21.2	4.6	7.9	.5	6.0	2.3	11.7	.0
Dietary Fiber.....	43.2	6.7	11.6	2.5	11.6	10.8	.1	.0
Vitamin A (IU).....	29.8	6.3	2.6	14.2	.7	6.1	.3	.0
Vitamin A (RE).....	18.8	3.0	1.4	9.9	.7	3.7	.3	.0
Carotenes.....	51.6	13.5	5.7	19.3	.4	12.7	.2	.0
Vitamin E.....	20.3	4.9	4.9	2.0	5.5	3.1	.2	.0
Ascorbic Acid.....	53.0	28.9	10.6	1.7	7.4	4.4	12.1	.0
Thiamin.....	14.9	4.9	2.6	.5	4.1	2.8	.2	.0
Riboflavin.....	6.3	1.4	2.0	.5	.9	1.5	.6	.0
Niacin.....	11.8	2.1	1.8	.3	5.5	2.1	.1	.0
Vitamin B-6.....	23.5	3.7	8.5	1.1	8.1	2.2	.1	.0
Folacin.....	27.4	13.6	2.5	1.8	3.7	5.8	1.2	.0
Vitamin B-12.....	.4	.1	.0	.0	.1	.1	.0	.0
Calcium.....	5.2	1.4	.9	.7	1.1	1.1	2.4	.0
Phosphorus.....	7.5	1.5	1.0	.3	2.8	1.9	2.0	.0
Magnesium.....	19.0	4.4	4.2	1.1	5.5	3.9	1.5	.0
Iron.....	11.5	2.0	2.9	.8	3.0	2.7	1.3	.0
Zinc.....	6.0	.8	.9	.4	2.0	2.0	1.1	.0
Copper.....	24.6	6.3	6.0	1.3	7.5	3.6	4.2	.0
Sodium.....	11.2	3.3	.1	.5	3.8	3.4	.6	.0
Potassium.....	30.0	7.6	7.5	1.1	10.0	3.9	.8	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Children, Food Stamp Status: Participating



Table 2.1-B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Citrus		Noncitrus		Other		Nonalcoholic	Alcoholic
	Total	Fruits,	Fruits	Dark-Green,	White Potatoes	Vegetables		
		Tomatoes		Deep-Yellow				
				Vegetables				
-----Percent-----								
Food Energy.....	14.1	2.6	3.7	0.3	5.7	1.8	5.6	0.0
Protein.....	5.8	1.2	.6	.2	2.3	1.6	.0	.0
Total Fat.....	8.8	.3	.4	.2	6.7	1.2	.0	.0
Saturated Fat.....	6.8	.2	.3	.1	5.6	.7	.0	.0
Monounsaturated Fat.....	6.9	.2	.1	.2	5.2	1.2	.0	.0
Polyunsaturated Fat.....	16.9	.6	.6	.6	12.7	2.4	.0	.0
Cholesterol.....	.8	.1	.0	.0	.6	.1	.0	.0
Carbohydrate.....	21.8	5.0	7.3	.4	6.5	2.6	11.7	.0
Dietary Fiber.....	42.5	6.4	9.9	1.8	12.6	11.7	.0	.0
Vitamin A (IU).....	26.1	5.3	2.3	11.6	.8	6.1	.4	.0
Vitamin A (RE).....	16.0	2.5	1.2	7.9	.7	3.6	.5	.0
Carotenes.....	48.1	12.4	5.5	16.9	.4	13.0	.2	.0
Vitamin E.....	19.3	4.2	4.2	2.1	5.8	3.1	.2	.0
Ascorbic Acid.....	53.0	29.7	9.1	1.7	7.8	4.6	13.6	.0
Thiamin.....	14.9	5.2	2.1	.4	4.3	3.0	.3	.0
Riboflavin.....	6.0	1.3	1.7	.4	1.0	1.5	.5	.0
Niacin.....	11.8	2.0	1.5	.2	5.8	2.2	.1	.0
Vitamin B-6.....	22.5	3.6	7.2	.9	8.5	2.4	.1	.0
Folacin.....	28.3	15.4	2.1	1.2	3.8	5.9	1.1	.0
Vitamin B-12.....	.3	.1	.0	.0	.1	.1	.0	.0
Calcium.....	5.3	1.4	.9	.6	1.3	1.1	2.7	.0
Phosphorus.....	7.8	1.5	.9	.2	3.1	2.0	2.0	.0
Magnesium.....	19.0	4.5	3.6	.8	5.8	4.3	1.5	.0
Iron.....	11.1	1.7	2.7	.5	3.3	2.9	1.3	.0
Zinc.....	6.1	.8	.8	.3	2.1	2.1	1.1	.0
Copper.....	23.9	6.0	5.4	1.1	7.7	3.7	4.2	.0
Sodium.....	10.7	2.7	.1	.5	4.1	3.3	.6	.0
Potassium.....	29.7	7.8	6.6	.8	10.3	4.2	.7	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.1-C.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Children, Food Stamp Status: Not Participating

Food Energy, Nutrients, and Dietary Components	:	:	:	:	:	:	:
	Meat,	Milk, Milk	Eggs	Legumes,	Grain	Fats, Oils	Sugars, Sweets
	Poultry,	Products		Nuts, Seeds	Products		
	Fish						
	:	:	:	:	:	:	:
-----Percent-----							
Food Energy.....	16.9	20.6	2.4	3.0	31.3	2.0	4.6
Protein.....	33.4	27.7	3.8	3.6	25.0	.1	.8
Total Fat.....	26.6	25.7	4.5	5.0	22.3	5.4	2.1
Saturated Fat.....	24.7	39.2	3.3	2.4	18.2	3.6	2.7
Monounsaturated Fat.....	31.9	20.7	4.9	6.3	22.7	5.3	2.0
Polyunsaturated Fat.....	19.4	6.4	5.0	8.7	31.4	10.2	1.1
Cholesterol.....	28.8	24.3	28.8	.2	15.6	1.0	.2
Carbohydrate.....	3.6	14.9	.2	1.7	39.6	.1	7.4
Dietary Fiber.....	5.1	1.7	.0	8.9	38.8	.0	1.6
Vitamin A (IU).....	6.7	21.7	3.4	.3	31.7	2.9	.1
Vitamin A (RE).....	5.6	26.8	5.0	.3	36.4	4.4	.1
Carotenes.....	9.6	11.2	.5	.6	21.3	2.0	.1
Vitamin E.....	10.7	8.7	4.8	8.6	34.4	9.7	1.8
Ascorbic Acid.....	9.1	7.3	.1	.2	19.0	.0	.2
Thiamin.....	15.3	14.8	1.3	2.2	51.0	.0	.4
Riboflavin.....	12.6	41.5	3.3	.9	33.7	.1	.8
Niacin.....	31.6	3.4	.1	5.2	47.2	.0	.6
Vitamin B-6.....	18.5	15.1	1.9	2.7	36.3	.5	.4
Folacin.....	6.2	12.6	5.0	5.5	42.0	.1	.7
Vitamin B-12.....	35.2	37.5	6.0	.3	20.1	.2	.4
Calcium.....	4.0	64.2	1.7	.9	20.6	.1	1.0
Phosphorus.....	17.0	41.7	3.3	3.0	24.6	.1	1.0
Magnesium.....	11.5	29.9	1.4	6.1	28.8	.1	1.8
Iron.....	18.1	3.7	4.0	3.2	56.6	.1	1.2
Zinc.....	34.8	24.6	3.4	3.3	26.0	.1	.9
Copper.....	14.6	7.7	1.5	6.2	38.4	.0	2.4
Sodium.....	23.4	14.7	2.6	2.5	42.3	1.7	.7
Potassium.....	14.3	33.3	1.4	3.0	15.6	.1	1.1

Table 2.1-C.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children, Food Stamp Status: Not Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Citrus		Noncitrus		Dark-Green,		Other	
	Total	Fruits	Fruits	Deep-Yellow	White Potatoes	Vegetables	Nonalcoholic	Alcoholic
	Tomatoes			Vegetables				
-----Percent-----								
Food Energy.....	13.4	2.3	4.3	0.4	5.0	1.5	5.8	0.0
Protein.....	5.6	1.1	.8	.3	2.0	1.4	.0	.0
Total Fat.....	8.5	.6	.6	.2	6.0	1.1	.0	.0
Saturated Fat.....	6.1	.3	.5	.1	4.6	.6	.0	.0
Monounsaturated Fat.....	6.3	.4	.2	.2	4.3	1.2	.0	.0
Polyunsaturated Fat.....	17.8	1.5	.8	.4	12.9	2.2	.1	.0
Cholesterol.....	1.0	.0	.0	.0	.7	.2	.0	.0
Carbohydrate.....	20.8	4.2	8.4	.6	5.5	2.0	11.7	.0
Dietary Fiber.....	43.8	6.8	13.1	3.1	10.8	10.0	.1	.0
Vitamin A (IU).....	33.0	7.1	2.8	16.4	.6	6.1	.2	.0
Vitamin A (RE).....	21.2	3.5	1.6	11.7	.6	3.8	.2	.0
Carotenes.....	54.7	14.4	6.0	21.4	.4	12.6	.1	.0
Vitamin E.....	21.2	5.5	5.5	2.0	5.2	3.0	.1	.0
Ascorbic Acid.....	53.1	28.3	11.8	1.8	7.0	4.3	10.9	.0
Thiamin.....	14.8	4.6	3.0	.6	3.9	2.7	.2	.0
Riboflavin.....	6.6	1.5	2.2	.7	.8	1.4	.6	.0
Niacin.....	11.8	2.3	2.0	.4	5.2	2.0	.1	.0
Vitamin B-6.....	24.5	3.7	9.6	1.3	7.8	2.0	.2	.0
Folacin.....	26.6	12.0	3.0	2.2	3.7	5.8	1.3	.0
Vitamin B-12.....	.4	.1	.0	.0	.1	.1	.0	.0
Calcium.....	5.2	1.4	1.0	.8	1.0	1.1	2.2	.0
Phosphorus.....	7.3	1.4	1.1	.4	2.6	1.8	1.9	.0
Magnesium.....	19.1	4.3	4.7	1.4	5.2	3.5	1.5	.0
Iron.....	11.8	2.3	3.1	1.0	2.8	2.6	1.3	.0
Zinc.....	5.9	.9	.9	.4	1.9	1.8	1.1	.0
Copper.....	25.2	6.5	6.5	1.4	7.3	3.6	4.1	.0
Sodium.....	11.5	3.8	.1	.6	3.6	3.5	.6	.0
Potassium.....	30.3	7.4	8.2	1.4	9.8	3.6	1.0	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 2.2-A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Women

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
-----Percent-----							
Food Energy.....	25.0	10.5	2.7	2.5	28.1	4.0	3.1
Protein.....	50.2	13.6	4.3	3.0	21.5	.2	.5
Total Fat.....	37.3	14.1	5.2	2.9	19.9	10.3	.9
Saturated Fat.....	36.8	22.4	4.3	1.9	17.4	7.9	1.2
Monounsaturated Fat.....	42.7	11.2	5.4	3.3	19.9	9.0	.9
Polyunsaturated Fat.....	27.3	3.4	5.1	4.2	26.0	17.9	.5
Cholesterol.....	42.1	12.5	28.3	.4	12.7	2.2	.2
Carbohydrate.....	5.9	7.2	.3	2.2	37.9	.6	5.7
Dietary Fiber.....	8.8	1.3	.0	9.2	33.8	.1	1.1
Vitamin A (IU).....	13.5	13.1	5.2	.7	19.6	5.4	.1
Vitamin A (RE).....	13.1	17.6	8.1	.5	22.2	8.4	.1
Carotenes.....	13.7	6.1	.7	1.3	14.3	3.0	.1
Vitamin E.....	18.6	5.3	5.0	3.9	27.9	16.2	.7
Ascorbic Acid.....	14.2	4.1	.0	.5	10.3	.0	.3
Thiamin.....	27.4	7.4	1.7	2.8	42.6	.1	.5
Riboflavin.....	27.5	23.3	5.3	1.3	29.8	.3	1.0
Niacin.....	47.2	1.7	.2	2.4	31.0	.0	.4
Vitamin B-6.....	35.9	8.3	2.5	2.7	21.8	.8	.4
Folacin.....	12.1	6.6	6.1	7.1	30.6	.2	.4
Vitamin B-12.....	56.8	19.6	8.2	.2	12.3	.5	.3
Calcium.....	9.4	40.3	3.2	1.9	28.0	.5	.7
Phosphorus.....	30.4	22.5	4.4	3.3	23.5	.5	.6
Magnesium.....	19.9	13.9	1.6	5.6	25.2	.1	1.0
Iron.....	28.7	2.4	4.4	3.5	42.1	.3	.8
Zinc.....	50.0	12.3	3.8	3.1	20.4	.1	.4
Copper.....	21.9	4.1	1.6	5.5	29.0	.2	1.4
Sodium.....	30.7	9.2	2.6	2.9	35.3	3.7	.4
Potassium.....	23.7	15.0	1.7	3.6	13.5	.4	.9

Table 2.2-A.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Citrus		Noncitrus		Dark-Green,		Other	
	Total	Fruits	Fruits	Deep-Yellow	White Potatoes	Vegetables	Nonalcoholic	Alcoholic
	Tomatoes		Vegetables					
-----Percent-----								
Food Energy.....	12.4	2.2	1.8	0.5	5.7	2.2	10.1	1.6
Protein.....	6.4	1.1	.4	.5	2.4	2.1	.1	.2
Total Fat.....	9.1	.5	.4	.5	6.1	1.6	.4	.0
Saturated Fat.....	7.6	.3	.3	.4	5.4	1.2	.5	.0
Monounsaturated Fat.....	7.5	.3	.3	.5	4.9	1.5	.2	.0
Polyunsaturated Fat.....	15.2	1.2	.5	.8	10.1	2.7	.4	.0
Cholesterol.....	1.6	.1	.0	.1	1.1	.3	.0	.0
Carbohydrate.....	18.9	4.1	3.6	.7	7.3	3.3	20.0	1.2
Dietary Fiber.....	44.7	6.9	5.3	4.1	13.5	14.9	.3	.6
Vitamin A (IU).....	41.9	9.5	2.2	17.0	1.3	11.9	.3	.0
Vitamin A (RE).....	29.7	5.5	1.5	13.0	1.4	8.2	.4	.0
Carotenes.....	60.4	15.9	3.4	21.3	.7	19.1	.3	.0
Vitamin E.....	21.7	5.1	2.5	3.3	5.8	5.0	.6	.0
Ascorbic Acid.....	61.2	28.3	5.7	4.6	11.0	11.7	9.0	.3
Thiamin.....	17.0	4.8	1.4	.8	5.4	4.6	.2	.4
Riboflavin.....	9.0	2.0	1.2	1.2	1.6	3.0	1.7	.9
Niacin.....	11.8	2.1	.8	.5	5.8	2.6	4.3	1.1
Vitamin B-6.....	25.9	3.9	4.3	1.8	11.5	4.4	.2	1.5
Folacin.....	31.4	10.8	1.6	3.3	4.7	11.1	3.9	1.4
Vitamin B-12.....	.7	.1	.0	.0	.3	.3	.0	1.4
Calcium.....	10.0	1.9	.7	2.2	2.1	3.1	5.5	.5
Phosphorus.....	9.6	1.6	.5	.6	3.8	3.0	4.7	.6
Magnesium.....	20.9	4.3	2.0	1.9	6.7	5.9	10.5	1.3
Iron.....	13.2	2.3	1.2	1.2	4.0	4.5	4.1	.4
Zinc.....	7.1	.8	.5	.6	2.3	2.9	2.7	.2
Copper.....	24.1	5.5	2.6	1.8	9.1	5.2	11.3	1.2
Sodium.....	13.7	2.8	.1	1.0	4.8	5.0	1.5	.2
Potassium.....	30.6	7.4	3.4	1.6	11.6	6.6	9.7	.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 2.2-B.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Women, Food Stamp Status: Participating

Food Energy, Nutrients, and Dietary Components	Meat, Poultry, Fish	Milk, Milk Products	Eggs	Legumes, Nuts, Seeds	Grain Products	Fats, Oils	Sugars, Sweets
-----Percent-----							
Food Energy.....	25.6	9.1	3.3	2.6	27.7	3.7	3.0
Protein.....	51.0	11.9	5.0	3.2	21.5	.2	.5
Total Fat.....	38.4	12.6	6.2	2.7	20.0	9.5	1.0
Saturated Fat.....	38.1	20.5	5.1	2.0	17.6	7.2	1.3
Monounsaturated Fat.....	43.8	9.9	6.3	3.0	19.8	8.4	.9
Polyunsaturated Fat.....	27.9	3.0	6.3	3.5	26.0	17.1	.6
Cholesterol.....	41.3	10.6	32.5	.5	11.3	1.8	.2
Carbohydrate.....	5.8	6.1	.3	2.5	37.4	.5	5.7
Dietary Fiber.....	9.5	.7	.0	10.6	33.7	.1	1.0
Vitamin A (IU).....	14.9	12.8	7.3	.9	20.8	5.5	.1
Vitamin A (RE).....	14.6	16.4	10.7	.6	22.7	8.2	.1
Carotenes.....	13.8	7.0	1.2	1.6	16.5	3.3	.1
Vitamin E.....	18.5	4.8	6.3	3.3	29.8	15.7	.9
Ascorbic Acid.....	14.9	3.3	.0	.8	11.4	.1	.2
Thiamin.....	28.8	6.2	1.9	3.2	41.4	.1	.6
Riboflavin.....	28.8	20.8	6.3	1.6	29.4	.3	1.2
Niacin.....	48.0	1.5	.2	2.0	30.3	.0	.5
Vitamin B-6.....	37.0	7.0	3.0	2.9	21.4	.8	.4
Folacin.....	12.4	5.5	7.4	8.0	29.9	.2	.5
Vitamin B-12.....	56.8	17.0	9.6	.2	12.7	.4	.4
Calcium.....	9.0	37.3	3.7	2.3	29.2	.5	.8
Phosphorus.....	30.9	20.2	5.2	3.6	23.7	.5	.7
Magnesium.....	20.5	12.5	2.0	5.9	25.2	.1	1.0
Iron.....	28.6	2.0	5.4	4.0	41.8	.3	.8
Zinc.....	50.5	10.8	4.4	3.4	20.2	.1	.5
Copper.....	22.5	3.3	1.9	5.8	28.9	.2	1.4
Sodium.....	30.6	8.1	2.9	3.3	35.5	3.4	.4
Potassium.....	24.9	13.4	2.1	4.0	13.8	.4	.9

Women, Food Stamp Status: Participating

NOTE: See "Table Notes."

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Table 2.2-C.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

	:	:	:	:	:	:	:	:
Food Energy, Nutrients, and Dietary Components	: Meat, Poultry, Fish	: Milk, Milk Products	: Eggs	: Legumes, Nuts, Seeds	: Grain Products	: Fats, Oils	: Sugars, Sweets	:
	:	:	:	:	:	:	:	:
	-----Percent-----							
Food Energy.....	24.5	11.5	2.3	2.4	28.5	4.2	3.1	
Protein.....	49.6	15.0	3.7	2.9	21.5	.2	.4	
Total Fat.....	36.4	15.2	4.4	3.1	19.9	10.8	.9	
Saturated Fat.....	35.8	23.8	3.7	1.9	17.2	8.4	1.2	
Monounsaturated Fat.....	42.0	12.1	4.6	3.5	19.9	9.4	.8	
Polyunsaturated Fat.....	26.8	3.7	4.2	4.8	26.0	18.6	.4	
Cholesterol.....	42.8	14.0	25.1	.3	13.7	2.5	.2	
Carbohydrate.....	5.9	8.1	.3	2.0	38.3	.6	5.8	
Dietary Fiber.....	8.3	1.8	.1	8.1	33.8	.2	1.2	
Vitamin A (IU).....	12.5	13.4	3.6	.6	18.7	5.3	.1	
Vitamin A (RE).....	12.0	18.6	6.1	.4	21.8	8.5	.1	
Carotenes.....	13.7	5.5	.3	1.1	12.5	2.8	.0	
Vitamin E.....	18.8	5.7	4.0	4.4	26.5	16.6	.6	
Ascorbic Acid.....	13.6	4.7	.0	.4	9.4	.0	.3	
Thiamin.....	26.3	8.3	1.4	2.6	43.4	.1	.4	
Riboflavin.....	26.5	25.1	4.5	1.1	30.1	.3	.9	
Niacin.....	46.6	1.9	.1	2.6	31.5	.0	.3	
Vitamin B-6.....	35.1	9.2	2.1	2.5	22.1	.9	.3	
Folic acid.....	11.9	7.4	5.1	6.5	31.1	.3	.4	
Vitamin B-12.....	56.7	21.5	7.2	.2	12.0	.6	.3	
Calcium.....	9.7	42.6	2.7	1.6	27.1	.5	.6	
Phosphorus.....	30.0	24.3	3.7	3.1	23.3	.5	.6	
Magnesium.....	19.4	15.0	1.4	5.3	25.2	.1	.9	
Iron.....	28.9	2.7	3.7	3.2	42.3	.3	.8	
Zinc.....	49.6	13.3	3.3	2.9	20.5	.2	.4	
Copper.....	21.4	4.7	1.3	5.3	29.1	.2	1.5	
Sodium.....	30.7	10.0	2.3	2.7	35.1	3.9	.4	
Potassium.....	22.9	16.2	1.4	3.3	13.3	.4	.9	

Table 2.2-C.--Nutrient Contributions by 15 Food Groups: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women, Food Stamp Status: Not Participating

Food Energy, Nutrients, and Dietary Components	Vegetables and Fruits						Beverages	
	Citrus		Noncitrus		Dark-Green,		Other	
	Total	Fruits,	Fruits	Deep-Yellow	White Potatoes	Vegetables	Nonalcoholic	Alcoholic
	Tomatoes			Vegetables				
-----Percent-----								
Food Energy.....	12.4	2.1	2.2	0.6	5.3	2.3	9.9	1.2
Protein.....	6.5	1.1	.5	.5	2.3	2.1	.1	.1
Total Fat.....	8.9	.5	.5	.6	5.6	1.7	.5	.0
Saturated Fat.....	7.3	.3	.3	.4	5.0	1.2	.7	.0
Monounsaturated Fat.....	7.3	.3	.3	.6	4.5	1.6	.3	.0
Polyunsaturated Fat.....	15.1	1.6	.6	.8	9.3	2.8	.5	.0
Cholesterol.....	1.4	.0	.0	.1	.8	.4	.0	.0
Carbohydrate.....	19.0	3.9	4.4	.7	6.8	3.3	19.3	.7
Dietary Fiber.....	46.0	7.5	6.8	4.6	12.6	14.5	.2	.3
Vitamin A (IU).....	45.5	9.9	2.8	19.3	.9	12.6	.3	.0
Vitamin A (RE).....	32.2	5.9	1.9	14.5	1.1	8.8	.4	.0
Carotenes.....	63.9	15.7	4.1	24.3	.5	19.3	.1	.0
Vitamin E.....	22.7	5.6	3.2	3.6	5.1	5.2	.7	.0
Ascorbic Acid.....	63.5	28.4	7.3	5.3	10.6	11.8	7.9	.1
Thiamin.....	17.1	4.7	1.8	.9	5.1	4.6	.2	.3
Riboflavin.....	9.2	2.0	1.5	1.3	1.4	3.0	1.9	.6
Niacin.....	11.8	2.2	1.0	.6	5.5	2.6	4.4	.7
Vitamin B-6.....	26.6	4.0	5.3	2.0	10.9	4.4	.2	.9
Folacin.....	31.9	10.0	2.0	4.0	4.5	11.4	4.6	.8
Vitamin B-12.....	.7	.1	.0	.0	.3	.3	.0	.9
Calcium.....	10.0	1.9	.8	2.2	1.8	3.3	4.9	.3
Phosphorus.....	9.5	1.6	.7	.7	3.5	3.1	4.8	.3
Magnesium.....	21.0	4.2	2.5	2.1	6.2	5.9	10.8	.8
Iron.....	13.7	2.5	1.5	1.4	3.7	4.8	4.2	.2
Zinc.....	7.2	.8	.6	.6	2.2	3.0	2.6	.1
Copper.....	24.5	5.6	3.2	1.8	8.5	5.3	11.6	.8
Sodium.....	13.4	2.9	.1	.9	4.3	5.1	1.5	.1
Potassium.....	30.8	7.3	4.3	1.8	10.8	6.7	10.3	.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

## Children



Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985--continued

## Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams	Units	Retinol Equivalents	Alpha-Tocopherol Equivalents	Milligrams			
All Children.....	164.6	8.2	4,068	770	229	5.7	72	1.06
Age:								
1-3.....	155.0	7.6	3,698	715	201	5.5	69	1.01
4-5.....	179.4	9.1	4,640	856	272	5.9	75	1.13
Income Level:								
0-75% Poverty.....	165.3	8.6	4,137	820	214	6.1	81	1.11
76-130% Poverty.....	159.6	7.7	3,821	710	222	5.5	66	1.00
Over 130% Poverty....	174.8	8.7	3,659	680	210	4.7	63	1.07
0-100% Poverty.....	167.4	8.6	4,058	793	216	5.9	79	1.10
0-130% Poverty.....	162.7	8.2	3,992	769	218	5.8	74	1.06
Race:								
White.....	165.0	8.2	3,859	730	217	5.2	65	1.03
Black.....	156.0	7.7	4,552	887	246	6.6	70	1.06
Other.....	176.4	8.6	4,626	820	288	6.9	99	1.23
Region:								
Northeast.....	162.7	7.4	4,284	909	191	5.6	96	1.09
Midwest.....	167.5	8.0	3,164	689	132	5.2	58	1.04
South.....	165.0	8.2	4,121	710	268	5.4	63	1.04
West.....	162.9	9.0	4,562	820	279	6.7	76	1.08
Urbanization:								
Central Cities.....	161.6	7.9	3,981	798	202	5.9	75	1.07
Suburban Areas.....	163.1	7.9	4,063	778	224	5.8	71	1.02
Nonmetropolitan Areas	169.2	8.8	4,154	735	259	5.4	69	1.10
Food Stamp Status:								
Participating.....	162.6	8.0	3,907	795	192	6.0	78	1.09
Not Participating....	166.3	8.4	4,208	748	261	5.4	66	1.03

Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
					</		

Table 3.1.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:
Status	:	:	:	:	:	:
	:	:	:	:	:	:
-----Milligrams-----						
All Children.....	173	9.4	7.3	0.7	1,969	1,773
Age:						
1-3.....	167	9.0	6.8	.7	1,870	1,721
4-5.....	182	10.0	7.9	.8	2,122	1,855
Income Level:						
0-75% Poverty.....	179	9.8	7.6	.8	1,995	1,851
76-130% Poverty.....	165	8.9	6.9	.7	1,903	1,680
Over 130% Poverty....	175	9.2	7.2	.7	2,007	1,770
0-100% Poverty.....	178	9.8	7.5	.8	1,978	1,837
0-130% Poverty.....	173	9.4	7.3	.7	1,953	1,772
Race:						
White.....	173	9.2	7.1	.7	1,927	1,754
Black.....	162	9.5	7.2	.8	2,079	1,650
Other.....	188	10.7	8.4	.8	2,159	2,049
Region:						
Northeast.....	174	9.6	6.9	.8	1,916	1,856
Midwest.....	167	9.1	6.7	.7	1,934	1,669
South.....	171	9.1	7.5	.7	2,046	1,763
West.....	180	9.9	7.6	.7	1,915	1,809
Urbanization:						
Central Cities.....	177	9.3	7.1	.7	1,990	1,784
Suburban Areas.....	169	9.2	7.0	.7	1,865	1,723
Nonmetropolitan Areas	174	9.8	7.7	.7	2,081	1,827
Food Stamp Status:						
Participating.....	172	9.8	7.3	.7	1,974	1,781
Not Participating....	174	9.1	7.2	.7	1,964	1,766

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	:	:	:	:	:	:	:	:	:
	Individuals	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polysaturated Fat	Cholesterol	
	:	:	:	:	:	:	:	:	
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Table 3.2.--Nutrient Intakes: Mean per Individual per Day, 4 Nonconsecutive Days, Low-Income Households, 1985--continued

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams	Units	International Units	Retinol Equivalents	Retinol Equivalents	Alpha-Tocopherol Equivalents	Milligrams	Milligrams
All Women.....	169.9	9.2	4,231	729	283	6.1	67	1.02
Age:								
19-34.....	182.6	9.8	4,467	768	302	6.7	67	1.08
35-50.....	148.9	8.3	3,843	666	252	5.1	66	.91
Income Level:								
0-75% Poverty.....	164.4	8.7	3,681	691	212	6.2	60	1.00
76-130% Poverty.....	180.2	10.0	4,604	760	336	6.3	69	1.07
Over 130% Poverty....	166.0	9.3	4,362	680	321	5.4	73	.97
0-100% Poverty.....	168.7	9.3	4,073	724	255	6.2	64	1.02
0-130% Poverty.....	171.4	9.3	4,090	722	267	6.3	64	1.03
Race:								
White.....	176.7	9.8	4,436	760	302	6.5	67	1.03
Black.....	145.5	7.6	3,815	668	244	5.3	59	.92
Other.....	185.0	9.7	3,759	609	264	5.7	81	1.09
Region:								
Northeast.....	170.1	9.2	4,447	758	295	6.2	77	1.07
Midwest.....	174.0	9.4	3,791	686	233	6.4	61	1.01
South.....	164.6	8.3	3,807	673	256	5.2	60	.96
West.....	174.4	10.9	5,263	848	375	7.3	73	1.06
Urbanization:								
Central Cities.....	169.2	9.3	4,881	835	321	5.9	73	1.00
Suburban Areas.....	161.1	8.8	3,942	685	273	6.3	60	.98
Nonmetropolitan Areas	181.3	9.7	3,739	646	244	6.2	68	1.08
Food Stamp Status:								
Participating.....	166.9	9.0	3,875	705	248	6.5	69	1.03
Not Participating....	172.1	9.4	4,501	748	309	5.8	65	1.00

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
	-----Milligrams-----			-----Micrograms-----		-----Milligrams-----	
All Women.....	1.23	14.7	1.06	175	4.19	546	891
Age:							
19-34.....	1.33	15.4	1.12	184	4.43	601	962
35-50.....	1.08	13.6	.96	160	3.81	456	774
Income Level:							
0-75% Poverty.....	1.20	14.7	1.04	173	4.39	518	861
76-130% Poverty.....	1.30	15.3	1.11	182	4.26	584	943
Over 130% Poverty....	1.18	14.2	1.01	166	3.54	537	863
0-100% Poverty.....	1.22	14.9	1.07	179	4.50	531	886
0-130% Poverty.....	1.25	15.0	1.07	177	4.33	547	898
Race:							
White.....	1.32	14.9	1.08	182	4.14	606	933
Black.....	1.00	13.7	.96	144	4.03	388	745
Other.....	1.20	15.7	1.09	195	4.17	521	931
Region:							
Northeast.....	1.29	15.6	1.12	180	4.62	574	914
Midwest.....	1.27	14.5	1.05	163	3.67	607	928
South.....	1.11	13.8	.97	166	4.06	458	813
West.....	1.35	15.6	1.14	200	4.50	601	963
Urbanization:							
Central Cities.....	1.22	14.4	1.08	175	4.49	553	895
Suburban Areas.....	1.19	14.2	1.00	172	4.02	516	854
Nonmetropolitan Areas	1.30	15.8	1.09	178	4.02	573	931
Food Stamp Status:							
Participating.....	1.21	14.9	1.06	177	4.38	519	881
Not Participating....	1.25	14.6	1.05	173	4.05	566	899



## Women

NOTE: See "Table Notes."

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Table 4A.--Food Energy and Protein: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Food Energy (Percentile)						Protein (Percentile)					
		10th	25th	50th	75th	90th		10th	25th	50th	75th	90th	
		:	:	:	:	:	:	:	:	:	:	:	:
	Number	-----Kilocalories-----						-----Grams-----					
All Children.....	571	938	1,111	1,341	1,506	1,760	33.2	42.7	51.6	60.6	70.6		
Age:													
1-3.....	347	848	1,057	1,280	1,468	1,620	32.6	40.9	50.0	57.5	68.2		
4-5.....	224	1,004	1,227	1,411	1,627	1,870	33.9	44.8	53.0	65.6	75.7		
Income Level:													
0-75% Poverty.....	230	999	1,191	1,356	1,493	1,841	36.1	45.5	53.0	64.9	71.8		
76-130% Poverty.....	195	892	1,004	1,310	1,535	1,725	30.6	36.1	49.1	59.5	73.6		
Over 130% Poverty....	91	1,001	1,175	1,360	1,561	1,620	39.7	44.2	50.5	56.6	63.1		
0-100% Poverty.....	311	972	1,173	1,356	1,535	1,820	35.1	43.6	52.6	61.4	72.5		
0-130% Poverty.....	426	938	1,111	1,338	1,499	1,790	31.3	41.6	51.7	61.4	72.6		
Region:													
Northeast.....	112	620	1,090	1,334	1,549	1,787	27.3	41.1	51.1	57.5	73.5		
Midwest.....	111	878	1,004	1,322	1,620	1,692	30.6	33.8	48.9	55.8	64.9		
South.....	217	999	1,212	1,367	1,478	1,742	36.0	44.7	53.0	61.7	72.0		
West.....	131	954	1,110	1,282	1,465	1,856	38.9	43.5	50.0	63.0	71.8		
Food Stamp Status:													
Participating.....	267	904	1,151	1,334	1,481	1,824	33.8	43.5	52.7	64.7	70.6		
Not Participating....	304	954	1,092	1,349	1,537	1,725	31.5	41.1	50.0	59.1	69.6		
All Women.....	965	774	1,046	1,380	1,764	2,104	31.0	42.4	55.3	68.2	83.4		
Age:													
19-34.....	599	872	1,123	1,516	1,865	2,237	33.5	44.2	58.2	72.8	89.1		
35-50.....	366	702	924	1,221	1,531	1,900	27.9	39.5	49.9	63.0	74.4		
Income Level:													
0-75% Poverty.....	391	746	1,004	1,324	1,676	2,085	30.4	41.0	52.6	67.4	87.0		
76-130% Poverty.....	311	782	1,101	1,501	1,900	2,202	33.5	46.6	58.7	71.7	84.2		
Over 130% Poverty....	168	863	1,036	1,468	1,688	1,833	28.7	42.0	52.4	64.8	77.0		
0-100% Poverty.....	514	752	1,042	1,375	1,764	2,141	30.8	42.4	55.1	69.1	88.1		
0-130% Poverty.....	702	752	1,055	1,380	1,830	2,141	32.1	42.4	55.5	69.3	85.5		
Region:													
Northeast.....	241	833	1,095	1,436	1,755	2,053	32.7	44.4	57.9	71.5	83.0		
Midwest.....	212	865	1,153	1,504	1,797	2,065	33.0	41.7	58.0	64.9	78.4		
South.....	335	701	924	1,261	1,723	2,115	27.4	39.5	52.6	65.2	85.3		
West.....	177	875	1,081	1,378	1,801	2,240	33.5	45.4	56.4	75.1	91.8		
Food Stamp Status:													
Participating.....	417	752	1,046	1,368	1,710	2,153	30.6	42.8	55.3	69.3	84.7		
Not Participating....	548	790	1,065	1,408	1,801	2,056	31.4	42.4	55.3	67.4	83.0		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4B.--Total Fat and Saturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Total Fat (Percentile)					Saturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
Number	Grams										
All Children.....	571	34.8	42.8	51.5	63.0	73.7	13.3	16.7	20.3	24.4	30.0
Age:											
1-3.....	347	32.2	40.5	51.4	58.4	70.9	11.6	16.4	20.0	23.5	28.5
4-5.....	224	41.2	46.2	54.5	66.7	78.4	15.9	17.6	21.4	25.9	32.3
Income Level:											
0-75% Poverty.....	230	36.2	44.5	53.6	65.3	78.5	13.3	17.8	21.4	25.9	32.6
76-130% Poverty.....	195	33.7	41.2	51.6	65.3	73.2	13.2	16.4	20.3	25.2	29.4
Over 130% Poverty....	91	39.2	44.3	51.4	55.1	70.0	15.9	17.7	20.1	21.1	27.9
0-100% Poverty.....	311	34.9	44.3	53.9	65.3	78.1	14.2	17.6	21.4	25.5	32.6
0-130% Poverty.....	426	34.3	41.5	53.6	65.3	76.5	13.3	16.5	20.9	25.5	31.2
Region:											
Northeast.....	112	25.6	39.9	51.6	61.3	70.9	10.8	16.0	21.2	24.9	29.3
Midwest.....	111	36.9	41.2	49.1	61.4	71.8	14.9	16.4	20.3	23.5	30.8
South.....	217	38.7	47.3	53.7	65.3	75.6	14.9	17.6	20.5	24.1	30.1
West.....	131	33.8	41.0	49.7	61.3	75.9	13.2	16.4	19.9	24.4	30.5
Food Stamp Status:											
Participating.....	267	34.0	42.0	53.3	65.3	76.0	12.5	16.7	21.6	25.5	30.6
Not Participating....	304	35.8	43.5	51.4	59.0	70.0	13.9	16.7	20.0	23.4	30.0
All Women.....	965	29.3	39.6	55.5	72.1	88.5	10.2	14.0	19.8	27.0	34.3
Age:											
19-34.....	599	30.6	43.2	60.4	75.6	94.8	11.2	15.2	22.1	29.5	36.6
35-50.....	366	25.2	34.3	49.4	60.5	72.9	8.5	12.1	17.8	22.7	27.6
Income Level:											
0-75% Poverty.....	391	29.6	35.7	52.7	70.1	88.3	10.2	13.3	19.5	26.0	32.6
76-130% Poverty.....	311	30.8	43.6	58.7	75.6	93.8	10.4	15.5	20.9	29.2	37.3
Over 130% Poverty....	168	29.8	40.4	57.0	69.5	80.9	9.5	15.1	21.0	26.9	34.1
0-100% Poverty.....	514	29.8	36.6	54.4	72.1	92.5	10.3	13.7	20.3	27.0	34.3
0-130% Poverty.....	702	29.8	38.4	55.6	73.5	92.3	10.3	13.8	20.3	27.8	34.6
Region:											
Northeast.....	241	28.4	40.9	55.5	71.3	92.5	10.6	14.3	20.0	27.3	34.4
Midwest.....	212	35.4	46.6	59.9	75.0	89.9	11.7	17.5	21.9	29.0	37.6
South.....	335	27.1	33.5	48.1	70.1	85.2	8.9	12.9	16.9	24.3	32.0
West.....	177	30.9	43.5	57.6	74.0	91.1	10.9	15.7	20.8	28.1	34.1
Food Stamp Status:											
Participating.....	417	27.6	40.9	55.9	70.2	92.5	10.0	13.8	20.4	26.5	33.4
Not Participating....	548	30.4	38.4	54.1	74.0	85.8	10.6	14.4	19.1	27.6	34.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4C.--Monounsaturated Fat and Polyunsaturated Fat: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Monounsaturated Fat (Percentile)					Polyunsaturated Fat (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
	Number	Grams									
All Children.....	571	12.5	15.5	19.0	22.9	28.1	4.8	6.7	8.4	11.0	13.2
Age:											
1-3.....	347	11.7	14.7	18.7	21.3	26.4	4.4	5.9	7.9	10.2	12.7
4-5.....	224	15.2	17.0	20.3	24.8	29.1	6.3	7.3	9.3	11.4	13.5
Income Level:											
0-75% Poverty.....	230	12.9	16.1	20.1	24.7	29.2	4.9	6.6	8.7	11.1	13.5
76-130% Poverty.....	195	12.2	15.2	19.0	23.1	29.3	4.6	6.5	8.3	10.8	12.9
Over 130% Poverty....	91	13.7	16.8	18.9	20.6	24.3	5.7	7.2	8.2	11.1	13.4
0-100% Poverty.....	311	12.9	16.0	20.4	24.1	28.7	4.8	6.5	8.7	11.1	13.5
0-130% Poverty.....	426	12.5	15.2	19.6	23.6	29.2	4.8	6.6	8.5	11.1	13.1
Region:											
Northeast.....	112	8.9	14.3	18.7	22.4	26.1	3.5	5.7	8.3	10.1	14.1
Midwest.....	111	12.2	15.2	18.2	22.6	25.3	4.9	6.8	7.9	10.2	13.9
South.....	217	14.6	17.0	20.2	23.6	28.4	5.9	7.4	9.1	11.4	13.0
West.....	131	12.2	14.4	18.3	23.1	29.3	4.2	5.8	7.9	10.7	12.4
Food Stamp Status:											
Participating.....	267	12.3	15.3	19.7	24.7	29.3	4.7	6.5	8.3	11.1	13.3
Not Participating....	304	12.6	15.5	18.9	21.4	26.5	5.3	6.7	8.5	11.0	13.0
All Women.....	965	11.1	14.8	20.7	26.4	33.3	4.3	6.8	9.6	13.1	17.8
Age:											
19-34.....	599	11.8	16.5	22.5	28.8	36.1	4.7	7.3	10.3	14.6	18.5
35-50.....	366	9.8	12.8	18.7	23.1	28.6	3.4	5.6	8.6	11.6	14.5
Income Level:											
0-75% Poverty.....	391	11.4	13.7	20.2	26.5	32.1	3.4	5.7	9.0	12.9	17.6
76-130% Poverty.....	311	11.4	16.2	21.7	28.8	36.1	4.9	7.5	9.8	14.0	18.1
Over 130% Poverty....	168	10.5	14.6	21.3	24.8	30.7	4.9	7.5	10.4	13.2	16.5
0-100% Poverty.....	514	11.5	14.2	20.7	27.2	34.5	3.7	5.9	9.2	13.2	17.8
0-130% Poverty.....	702	11.4	14.7	20.9	27.2	34.2	4.2	6.5	9.3	13.3	17.9
Region:											
Northeast.....	241	9.8	15.1	20.4	25.6	33.5	4.7	7.0	10.1	13.0	17.6
Midwest.....	212	14.0	17.9	22.3	26.3	35.6	5.8	7.5	10.7	13.2	16.3
South.....	335	10.6	12.7	17.9	26.2	32.8	3.4	5.4	8.8	12.8	17.9
West.....	177	12.3	15.7	21.6	27.6	34.7	5.0	6.6	9.6	14.3	19.2
Food Stamp Status:											
Participating.....	417	10.7	15.6	21.0	26.5	35.3	4.4	6.4	9.7	13.0	17.8
Not Participating....	548	11.3	14.4	20.4	26.3	32.6	4.3	6.8	9.5	13.4	17.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4D.--Cholesterol and Carbohydrate: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Cholesterol (Percentile)					Carbohydrate (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----					-----Grams-----				
All Children.....	571	102	169	241	319	423	107.3	132.8	161.4	186.9	228.8
Age:											
1-3.....	347	101	166	253	317	422	99.9	128.6	153.7	181.8	204.5
4-5.....	224	105	172	234	323	423	130.9	147.1	178.9	211.5	232.4
Income Level:											
0-75% Poverty.....	230	146	199	256	351	438	114.5	141.8	162.3	185.1	226.0
76-130% Poverty.....	195	92	150	219	300	437	102.9	129.9	153.4	184.1	222.9
Over 130% Poverty....	91	98	152	200	271	354	114.3	143.8	172.3	208.7	243.0
0-100% Poverty.....	311	147	193	258	351	437	115.8	141.1	162.6	190.0	228.8
0-130% Poverty.....	426	104	172	242	333	437	111.7	132.3	159.3	184.2	222.9
Region											
Northeast.....	112	108	167	255	329	424	81.7	134.2	161.8	185.0	228.8
Midwest.....	111	91	93	193	253	362	105.5	130.9	162.3	210.6	243.0
South.....	217	158	199	256	319	435	119.4	142.9	166.1	186.8	214.7
West.....	131	105	166	279	349	472	115.0	132.3	155.4	190.0	227.2
Food Stamp Status:											
Participating.....	267	128	187	272	351	436	107.3	133.4	157.3	184.0	228.8
Not Participating....	304	92	161	231	289	395	114.3	131.0	166.1	187.8	228.8
All Women.....	965	114	162	250	378	498	84.8	119.0	160.6	215.6	260.9
Age:											
19-34.....	599	128	183	274	391	527	98.5	130.7	178.9	228.6	274.5
35-50.....	366	94	139	214	318	482	73.4	105.1	138.9	190.4	232.4
Income Level:											
0-75% Poverty.....	391	104	143	259	389	529	83.2	114.8	157.0	202.8	261.8
76-130% Poverty.....	311	123	173	242	377	484	83.6	126.1	179.9	233.2	268.3
Over 130% Poverty....	168	100	161	240	321	454	98.6	126.4	157.8	208.6	237.2
0-100% Poverty.....	514	111	155	263	391	527	83.6	116.5	161.0	213.7	264.5
0-130% Poverty.....	702	115	160	251	381	517	83.6	117.9	164.7	217.8	266.2
Region											
Northeast.....	241	109	176	259	370	497	97.1	123.1	165.1	212.7	243.0
Midwest.....	212	114	151	206	327	464	86.9	130.6	167.1	226.8	252.3
South.....	335	110	149	250	393	494	74.0	107.2	157.0	215.6	264.5
West.....	177	127	188	251	389	543	84.8	127.2	160.6	224.7	275.6
Food Stamp Status:											
Participating.....	417	115	170	262	397	532	83.2	115.8	154.0	213.1	265.3
Not Participating....	548	114	160	235	364	482	90.1	121.8	164.7	218.9	256.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4E.--Dietary Fiber and Vitamin A (IU): Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Dietary Fiber (Percentile)					Vitamin A (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		International									
	Number	Grams					Units				
All Children.....	571	4.4	5.9	7.6	10.0	12.9	1,759	2,252	2,995	4,638	7,850
Age:											
1-3.....	347	3.8	5.5	7.1	9.1	12.1	1,479	2,252	2,842	3,904	6,788
4-5.....	224	4.6	6.4	8.4	11.3	15.1	1,954	2,232	3,340	5,372	8,924
Income Level:											
0-75% Poverty.....	230	4.7	6.5	7.9	10.5	13.0	1,760	2,420	3,343	4,800	6,788
76-130% Poverty.....	195	3.8	4.7	7.0	9.4	12.9	1,569	2,105	2,437	3,862	7,588
Over 130% Poverty....	91	5.8	6.4	8.3	9.8	13.1	2,192	2,607	3,068	3,573	5,594
0-100% Poverty.....	311	4.7	6.5	7.8	10.5	13.2	1,642	2,322	3,270	4,800	7,588
0-130% Poverty.....	426	4.2	5.6	7.4	10.0	12.9	1,701	2,144	2,965	4,604	7,555
Region											
Northeast.....	112	3.8	5.3	7.0	9.3	11.9	1,569	2,322	3,023	4,800	7,983
Midwest.....	111	4.6	5.2	8.1	9.6	13.5	1,714	2,144	2,607	3,334	5,422
South.....	217	4.4	6.3	7.5	10.0	12.2	1,705	2,324	3,106	4,895	8,959
West.....	131	4.7	6.1	8.1	11.3	15.1	1,851	2,266	3,367	5,240	8,251
Food Stamp Status:											
Participating.....	267	3.9	5.8	7.3	9.4	12.9	1,432	2,090	3,085	4,612	7,850
Not Participating....	304	4.6	5.9	7.9	10.0	12.3	1,917	2,299	2,901	4,663	8,105
All Women.....	965	3.9	5.6	8.1	11.6	16.6	923	1,578	2,816	5,060	8,922
Age:											
19-34.....	599	3.9	5.8	8.7	12.0	17.3	1,023	1,758	2,975	5,184	9,376
35-50.....	366	3.4	5.2	7.4	10.5	14.6	802	1,326	2,526	4,545	8,290
Income Level:											
0-75% Poverty.....	391	3.3	4.9	7.8	11.0	15.8	791	1,148	2,266	4,183	7,452
76-130% Poverty.....	311	4.0	5.8	9.3	11.9	17.9	979	1,850	3,306	5,430	10,075
Over 130% Poverty....	168	4.5	6.1	8.5	11.7	15.8	1,341	2,019	3,170	5,073	8,290
0-100% Poverty.....	514	3.5	5.4	8.2	11.6	17.1	877	1,375	2,519	4,825	9,196
0-130% Poverty.....	702	3.7	5.5	8.3	11.5	16.6	895	1,488	2,676	4,940	8,963
Region											
Northeast.....	241	4.4	5.9	8.0	11.5	16.6	1,015	1,716	3,410	5,534	9,078
Midwest.....	212	4.5	5.9	8.0	12.1	15.8	1,069	1,735	2,657	4,840	7,452
South.....	335	2.6	4.3	7.5	10.9	14.7	848	1,232	2,334	4,310	8,204
West.....	177	4.8	7.0	9.7	13.4	18.2	1,285	1,850	3,095	5,600	12,304
Food Stamp Status:											
Participating.....	417	3.5	5.6	7.8	11.2	15.5	794	1,429	2,451	4,545	8,963
Not Participating....	548	3.9	5.5	8.5	11.8	17.3	1,025	1,815	3,095	5,410	8,922

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 4F.--Vitamin A (RE) and Carotenes: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin A (Percentile)					Carotenes (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		Retinol Equivalents									
	Number										
All Children.....	571	354	485	618	843	1,243	44	71	135	271	517
Age:											
1-3.....	347	330	474	589	805	1,086	43	62	122	221	455
4-5.....	224	362	514	659	944	1,421	44	81	151	361	600
Income Level:											
0-75% Poverty.....	230	353	504	659	846	1,298	52	82	151	280	439
76-130% Poverty.....	195	354	437	594	841	1,090	29	51	106	211	584
Over 130% Poverty....	91	426	535	638	805	893	61	75	127	245	458
0-100% Poverty.....	311	341	497	659	850	1,243	50	78	142	280	455
0-130% Poverty.....	426	354	476	618	842	1,207	40	64	130	245	477
Region											
Northeast.....	112	368	485	631	986	1,542	44	80	122	228	369
Midwest.....	111	354	544	608	755	993	29	46	75	142	265
South.....	217	334	456	586	805	1,219	51	96	151	337	664
West.....	131	387	485	640	937	1,329	51	72	163	334	595
Food Stamp Status:											
Participating.....	267	269	476	620	854	1,298	47	69	118	238	404
Not Participating....	304	368	497	612	836	1,172	42	74	139	315	600
All Women.....	965	171	295	505	846	1,331	43	79	158	346	693
Age:											
19-34.....	599	187	323	548	918	1,351	46	82	167	356	713
35-50.....	366	127	239	435	739	1,248	42	73	140	325	597
Income Level:											
0-75% Poverty.....	391	152	234	415	710	1,382	30	61	114	253	537
76-130% Poverty.....	311	180	329	594	952	1,346	56	93	184	367	829
Over 130% Poverty....	168	220	382	581	846	1,151	72	116	190	382	772
0-100% Poverty.....	514	158	257	458	783	1,382	35	63	133	311	645
0-130% Poverty.....	702	158	269	494	817	1,346	40	70	147	318	618
Region											
Northeast.....	241	161	324	605	916	1,428	49	82	172	368	772
Midwest.....	212	207	330	538	902	1,351	42	82	140	285	515
South.....	335	142	214	413	706	1,301	36	65	144	311	571
West.....	177	234	341	504	944	1,346	56	105	187	428	960
Food Stamp Status:											
Participating.....	417	161	276	436	782	1,388	31	67	122	268	605
Not Participating....	548	171	319	564	878	1,329	55	92	184	368	706

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4G.--Vitamin E and Ascorbic Acid: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin E (Percentile)					Ascorbic Acid (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
Alpha-Tocopherol											
-----Equivalents-----											
-----Milligrams-----											
	Number										
All Children.....	571	2.7	3.5	4.7	6.0	7.7	30	42	62	92	124
Age:											
1-3.....	347	2.6	3.3	4.2	5.5	7.4	29	42	59	89	127
4-5.....	224	2.7	4.1	5.1	6.1	8.1	33	44	64	94	120
Income Level:											
0-75% Poverty.....	230	2.7	3.7	4.7	6.0	10.3	33	46	69	99	135
76-130% Poverty.....	195	2.7	2.9	4.4	5.9	7.9	28	40	58	84	113
Over 130% Poverty....	91	3.2	3.4	3.9	5.7	6.9	33	41	49	76	107
0-100% Poverty.....	311	2.7	3.6	4.7	6.1	9.1	33	46	68	99	136
0-130% Poverty.....	426	2.7	3.4	4.7	6.0	8.7	29	42	62	94	129
Region:											
Northeast.....	112	2.3	3.4	4.7	6.1	8.2	29	52	83	126	173
Midwest.....	111	2.7	2.8	4.1	5.7	9.1	28	40	49	71	99
South.....	217	2.9	3.6	4.8	6.0	6.9	33	40	59	80	95
West.....	131	2.6	3.4	4.4	6.0	13.1	30	42	68	102	131
Food Stamp Status:											
Participating.....	267	2.6	3.5	4.7	6.0	10.6	33	42	63	100	136
Not Participating....	304	2.7	3.4	4.6	6.0	7.1	28	40	61	85	103
All Women.....	965	1.9	3.3	5.0	7.1	9.6	16	29	52	89	128
Age:											
19-34.....	599	2.4	3.6	5.3	7.6	10.6	16	30	53	89	133
35-50.....	366	1.7	2.7	4.5	6.3	8.2	14	27	51	92	122
Income Level:											
0-75% Poverty.....	391	1.8	2.9	4.5	6.9	9.8	13	25	46	80	125
76-130% Poverty.....	311	2.3	3.6	5.4	7.2	10.6	16	30	54	92	127
Over 130% Poverty....	168	2.6	3.7	5.3	7.1	8.1	25	36	63	89	135
0-100% Poverty.....	514	1.9	3.0	4.6	7.0	9.9	13	27	48	90	127
0-130% Poverty.....	702	1.9	3.1	4.9	7.1	10.2	14	28	49	87	126
Region:											
Northeast.....	241	1.8	3.6	5.4	7.4	9.6	20	37	61	100	135
Midwest.....	212	2.6	3.9	5.1	7.1	9.6	14	27	50	83	117
South.....	335	1.8	2.6	4.3	6.7	9.0	12	24	43	77	117
West.....	177	2.5	3.3	5.4	7.5	10.8	20	31	54	96	153
Food Stamp Status:											
Participating.....	417	2.0	3.1	4.9	7.0	10.4	16	30	53	94	133
Not Participating....	548	1.9	3.5	5.1	7.1	9.3	14	28	52	86	125

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4H.--Thiamin and Riboflavin: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Thiamin (Percentile)					Riboflavin (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		-----Milligrams-----									
All Children.....	571	0.70	0.85	1.01	1.25	1.43	0.96	1.25	1.44	1.77	2.13
Age:											
1-3.....	347	.66	.80	.99	1.19	1.35	.86	1.19	1.43	1.73	2.10
4-5.....	224	.76	.92	1.11	1.29	1.54	1.12	1.29	1.47	1.83	2.25
Income Level:											
0-75% Poverty.....	230	.74	.92	1.06	1.26	1.57	1.08	1.31	1.50	1.90	2.26
76-130% Poverty.....	195	.65	.76	.95	1.21	1.38	.88	1.13	1.41	1.73	2.12
Over 130% Poverty....	91	.71	.88	1.09	1.27	1.33	1.05	1.25	1.47	1.74	1.86
0-100% Poverty.....	311	.73	.91	1.04	1.26	1.54	.95	1.25	1.49	1.83	2.26
0-130% Poverty.....	426	.69	.84	1.00	1.25	1.46	.94	1.25	1.44	1.79	2.24
Region:											
Northeast.....	112	.45	.88	1.10	1.33	1.62	.90	1.26	1.55	2.01	2.38
Midwest.....	111	.76	.79	.99	1.29	1.33	1.01	1.25	1.48	1.86	1.97
South.....	217	.70	.88	1.00	1.20	1.32	.85	1.21	1.36	1.65	2.01
West.....	131	.70	.85	1.01	1.21	1.56	1.05	1.29	1.50	1.76	2.34
Food Stamp Status:											
Participating.....	267	.70	.88	1.04	1.26	1.54	.87	1.25	1.47	1.83	2.27
Not Participating....	304	.70	.81	1.00	1.23	1.33	.98	1.25	1.42	1.74	2.09
All Women.....	965	.47	.67	.95	1.25	1.65	.54	.77	1.11	1.53	2.09
Age:											
19-34.....	599	.52	.70	1.02	1.32	1.76	.63	.87	1.17	1.66	2.24
35-50.....	366	.44	.59	.90	1.13	1.43	.48	.71	.99	1.32	1.83
Income Level:											
0-75% Poverty.....	391	.44	.57	.93	1.26	1.73	.50	.72	1.09	1.45	2.05
76-130% Poverty.....	311	.49	.70	1.01	1.29	1.69	.63	.81	1.19	1.67	2.19
Over 130% Poverty....	168	.51	.66	.91	1.20	1.41	.52	.86	1.11	1.37	1.91
0-100% Poverty.....	514	.44	.61	.96	1.31	1.73	.53	.76	1.11	1.52	2.05
0-130% Poverty.....	702	.46	.68	.97	1.28	1.69	.54	.76	1.12	1.56	2.17
Region:											
Northeast.....	241	.50	.80	1.00	1.29	1.67	.58	.83	1.14	1.67	2.14
Midwest.....	212	.54	.70	.94	1.25	1.64	.52	.88	1.16	1.63	2.25
South.....	335	.43	.53	.87	1.24	1.54	.49	.68	1.03	1.37	1.91
West.....	177	.50	.64	.92	1.27	1.82	.65	.87	1.13	1.56	2.41
Food Stamp Status:											
Participating.....	417	.48	.67	.94	1.29	1.72	.51	.76	1.10	1.48	2.09
Not Participating....	548	.46	.66	.95	1.25	1.60	.62	.78	1.14	1.56	2.04

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4I.--Niacin and Vitamin B-6: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Niacin (Percentile)					Vitamin B-6 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
Number		-----Milligrams-----									
All Children.....	571	8.2	10.2	12.9	15.7	18.6	0.72	0.88	1.10	1.37	1.62
Age:											
1-3.....	347	7.4	9.7	12.1	15.2	17.3	.69	.87	1.08	1.34	1.57
4-5.....	224	8.7	11.1	14.1	16.6	19.0	.78	.91	1.15	1.40	1.69
Income Level:											
0-75% Poverty.....	230	8.7	10.8	13.4	15.6	19.0	.77	.93	1.13	1.37	1.67
76-130% Poverty.....	195	7.4	8.7	11.7	15.7	18.6	.65	.81	1.00	1.34	1.62
Over 130% Poverty....	91	9.8	11.1	13.8	15.9	16.9	.82	.92	1.17	1.40	1.54
0-100% Poverty.....	311	8.0	10.2	12.8	15.4	18.9	.74	.90	1.10	1.37	1.66
0-130% Poverty.....	426	8.0	9.8	12.4	15.6	18.9	.71	.85	1.08	1.36	1.66
Region:											
Northeast.....	112	6.6	10.2	13.0	15.7	18.9	.60	.87	1.10	1.41	1.72
Midwest.....	111	8.7	9.1	12.7	15.7	16.4	.79	.85	1.10	1.42	1.54
South.....	217	8.4	11.1	13.0	15.4	18.6	.71	.88	1.07	1.33	1.64
West.....	131	8.2	10.0	12.5	16.7	19.0	.78	.91	1.13	1.38	1.69
Food Stamp Status:											
Participating.....	267	8.3	10.2	13.2	15.8	18.7	.72	.91	1.07	1.36	1.67
Not Participating....	304	8.1	9.9	12.7	15.7	18.3	.73	.85	1.14	1.37	1.61
All Women.....	965	7.6	10.2	13.8	17.8	22.8	.48	.65	.95	1.31	1.71
Age:											
19-34.....	599	7.6	10.3	14.3	19.2	23.7	.49	.66	1.02	1.39	1.79
35-50.....	366	7.4	10.1	13.2	16.5	20.1	.47	.64	.87	1.22	1.55
Income Level:											
0-75% Poverty.....	391	7.4	9.5	13.5	17.9	23.1	.47	.59	.93	1.29	1.81
76-130% Poverty.....	311	7.7	11.2	14.4	18.4	23.5	.57	.70	1.00	1.39	1.66
Over 130% Poverty....	168	7.9	10.8	13.9	16.9	20.5	.49	.68	.92	1.20	1.60
0-100% Poverty.....	514	7.4	10.2	13.8	18.5	23.1	.47	.64	.96	1.32	1.81
0-130% Poverty.....	702	7.6	10.2	14.0	18.3	23.2	.49	.66	.96	1.33	1.76
Region:											
Northeast.....	241	9.2	12.0	15.1	18.8	23.1	.56	.76	1.02	1.39	1.64
Midwest.....	212	7.7	9.9	13.5	17.6	21.6	.50	.66	.93	1.30	1.62
South.....	335	7.3	9.5	12.5	16.9	22.1	.47	.56	.85	1.23	1.68
West.....	177	8.0	10.8	14.4	18.5	24.5	.51	.64	1.02	1.38	1.91
Food Stamp Status:											
Participating.....	417	7.5	10.5	14.0	17.6	23.1	.47	.67	.94	1.30	1.77
Not Participating....	548	7.6	9.8	13.8	18.1	22.4	.49	.64	.95	1.31	1.66

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4J.--Folacin and Vitamin B-12: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Folacin (Percentile)					Vitamin B-12 (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	Micrograms									
All Children.....	571	91	122	164	213	257	2.18	2.80	3.53	4.61	6.27
Age:											
1-3.....	347	91	121	158	204	246	2.05	2.61	3.49	4.54	5.84
4-5.....	224	91	127	179	226	267	2.38	3.03	3.56	4.98	6.37
Income Level:											
0-75% Poverty.....	230	115	141	188	224	275	2.24	3.03	3.62	4.71	6.37
76-130% Poverty.....	195	89	111	147	207	249	2.03	2.57	3.44	4.79	6.27
Over 130% Poverty....	91	100	120	156	203	234	2.26	2.70	3.55	4.12	4.84
0-100% Poverty.....	311	109	137	185	220	274	2.15	2.86	3.57	4.60	6.37
0-130% Poverty.....	426	89	126	173	218	268	2.14	2.82	3.50	4.78	6.31
Region:											
Northeast.....	112	59	126	175	226	275	2.01	2.60	3.66	5.12	13.76
Midwest.....	111	89	109	156	191	225	2.40	3.03	3.44	4.31	5.39
South.....	217	100	122	159	207	244	2.09	2.70	3.46	4.41	5.84
West.....	131	112	128	175	225	305	2.42	2.89	4.06	5.20	6.24
Food Stamp Status:											
Participating.....	267	99	122	173	216	275	2.02	2.89	3.71	5.12	6.71
Not Participating....	304	89	121	156	211	238	2.33	2.74	3.43	4.30	5.84
All Women.....	965	72	98	152	217	308	1.41	2.11	3.18	4.52	6.51
Age:											
19-34.....	599	72	105	162	225	311	1.58	2.31	3.40	4.78	6.98
35-50.....	366	66	90	134	203	287	1.03	1.80	2.80	3.95	5.43
Income Level:											
0-75% Poverty.....	391	66	86	149	212	314	1.32	1.99	3.12	4.31	6.48
76-130% Poverty.....	311	80	106	168	225	303	1.69	2.24	3.56	4.78	6.79
Over 130% Poverty....	168	74	116	148	217	268	1.37	1.88	2.92	4.52	5.41
0-100% Poverty.....	514	71	96	154	226	321	1.40	2.13	3.18	4.46	6.76
0-130% Poverty.....	702	72	95	154	219	310	1.43	2.14	3.24	4.52	6.76
Region:											
Northeast.....	241	73	112	162	225	296	1.39	2.14	3.31	5.01	6.76
Midwest.....	212	76	90	146	199	302	1.58	2.11	3.15	4.66	5.87
South.....	335	61	82	136	211	296	1.25	2.04	2.97	4.00	6.30
West.....	177	87	116	170	246	375	1.50	2.24	3.48	5.01	7.47
Food Stamp Status:											
Participating.....	417	66	101	148	219	314	1.40	2.02	3.18	4.58	6.92
Not Participating....	548	73	97	156	217	301	1.43	2.13	3.18	4.48	6.30

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4K.--Calcium and Phosphorus: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Calcium (Percentile)					Phosphorus (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	571	416	574	674	863	1,078	631	759	897	1,070	1,246
Age:											
1-3.....	347	366	557	661	876	1,076	597	751	882	1,046	1,208
4-5.....	224	452	636	689	850	1,078	698	771	913	1,100	1,343
Income Level:											
0-75% Poverty.....	230	430	629	702	895	1,101	655	827	913	1,109	1,286
76-130% Poverty.....	195	384	522	674	881	1,109	592	738	853	1,067	1,248
Over 130% Poverty....	91	430	578	661	804	863	698	761	897	1,046	1,107
0-100% Poverty.....	311	430	592	701	895	1,119	635	800	913	1,101	1,286
0-130% Poverty.....	426	416	589	679	888	1,101	617	759	898	1,103	1,275
Region:											
Northeast.....	112	336	604	708	937	1,153	550	807	908	1,114	1,275
Midwest.....	111	510	629	701	823	912	643	738	900	1,046	1,160
South.....	217	386	533	647	786	1,075	617	753	891	1,019	1,248
West.....	131	441	599	708	893	1,076	683	782	909	1,090	1,383
Food Stamp Status:											
Participating.....	267	373	560	693	882	1,073	617	783	909	1,075	1,275
Not Participating....	304	430	578	674	835	1,078	643	747	897	1,047	1,242
All Women.....	965	189	322	482	715	973	452	622	852	1,113	1,382
Age:											
19-34.....	599	234	344	528	781	1,065	511	681	912	1,190	1,452
35-50.....	366	149	259	424	602	806	383	537	731	960	1,210
Income Level:											
0-75% Poverty.....	391	150	314	489	681	914	421	597	815	1,095	1,382
76-130% Poverty.....	311	213	325	507	788	1,085	471	647	917	1,194	1,441
Over 130% Poverty....	168	225	334	443	662	953	470	650	823	1,047	1,311
0-100% Poverty.....	514	176	320	489	706	939	443	623	835	1,129	1,413
0-130% Poverty.....	702	183	320	497	733	984	449	618	859	1,144	1,413
Region:											
Northeast.....	241	220	346	521	760	995	455	643	890	1,110	1,430
Midwest.....	212	213	357	548	830	1,069	472	693	906	1,192	1,342
South.....	335	145	248	392	612	815	397	551	745	1,033	1,309
West.....	177	249	367	502	771	967	533	700	881	1,185	1,456
Food Stamp Status:											
Participating.....	417	173	311	477	689	935	431	603	852	1,096	1,382
Not Participating....	548	217	328	485	741	1,025	464	641	855	1,124	1,388

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 4L.--Magnesium and Iron: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Magnesium (Percentile)					Iron (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	571	116	142	168	201	239	6.1	7.1	8.9	10.6	13.4
Age:											
1-3.....	347	106	139	165	196	228	5.6	6.9	8.8	10.4	12.3
4-5.....	224	121	147	170	213	247	6.8	7.5	9.4	11.2	14.5
Income Level:											
0-75% Poverty.....	230	126	153	178	202	236	6.1	7.6	9.4	11.0	14.2
76-130% Poverty.....	195	108	129	159	191	247	6.0	6.8	8.1	10.4	13.0
Over 130% Poverty....	91	141	146	169	201	213	7.2	7.9	9.5	10.1	10.7
0-100% Poverty.....	311	123	145	173	202	244	6.1	7.3	9.0	10.9	13.8
0-130% Poverty.....	426	114	136	168	202	243	6.0	6.9	8.8	10.7	13.5
Region:											
Northeast.....	112	80	147	177	208	238	4.6	7.3	9.0	11.3	13.7
Midwest.....	111	121	135	168	201	209	6.8	6.9	8.7	10.1	11.7
South.....	217	112	144	168	201	226	6.1	7.1	8.8	10.5	12.2
West.....	131	133	143	163	209	256	6.1	7.2	9.3	11.1	16.8
Food Stamp Status:											
Participating.....	267	112	144	166	200	236	6.0	7.5	9.0	11.0	15.2
Not Participating....	304	121	141	168	201	243	6.2	6.9	8.9	10.5	12.3
All Women.....	965	84	123	173	229	278	5.0	6.4	8.9	11.8	15.1
Age:											
19-34.....	599	94	133	179	238	299	5.2	6.5	9.2	12.3	16.1
35-50.....	366	78	118	159	217	251	4.7	6.2	8.3	10.6	13.1
Income Level:											
0-75% Poverty.....	391	79	118	165	220	270	4.8	6.2	8.7	11.6	15.9
76-130% Poverty.....	311	94	134	185	243	288	5.0	6.6	9.4	12.0	15.4
Over 130% Poverty....	168	90	131	179	228	259	5.1	6.5	9.0	11.2	13.6
0-100% Poverty.....	514	85	121	169	231	283	5.0	6.3	9.0	11.9	15.9
0-130% Poverty.....	702	85	122	173	232	278	5.0	6.3	9.0	11.9	15.5
Region:											
Northeast.....	241	105	137	188	239	287	5.5	7.0	9.4	12.3	15.7
Midwest.....	212	100	134	177	237	269	5.2	6.5	8.7	10.7	14.5
South.....	335	77	101	140	205	264	4.6	5.8	7.8	11.2	14.0
West.....	177	116	144	189	243	300	5.5	6.9	9.5	12.0	16.9
Food Stamp Status:											
Participating.....	417	84	123	168	225	275	4.8	6.5	9.0	11.8	16.3
Not Participating....	548	86	122	179	230	280	5.0	6.3	8.9	11.8	14.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4M.--Zinc and Copper: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Zinc (Percentile)					Copper (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
Number	-----Milligrams-----										
All Children.....	571	4.7	5.7	7.2	8.4	10.0	0.5	0.6	0.7	0.9	1.0
Age:											
1-3.....	347	4.3	5.5	6.8	8.0	9.7	.4	.6	.7	.8	.9
4-5.....	224	4.9	6.2	7.5	8.9	11.0	.5	.6	.7	.9	1.1
Income Level:											
0-75% Poverty.....	230	4.7	6.0	7.6	8.9	10.6	.5	.6	.7	.9	1.0
76-130% Poverty.....	195	4.4	4.9	6.7	7.9	10.0	.3	.5	.7	.8	.9
Over 130% Poverty....	91	5.6	5.8	7.3	8.1	9.9	.5	.6	.7	.9	.9
0-100% Poverty.....	311	4.7	5.9	7.3	8.9	10.5	.5	.6	.7	.9	1.0
0-130% Poverty.....	426	4.6	5.6	7.2	8.7	10.2	.4	.6	.7	.8	1.0
Region:											
Northeast.....	112	4.2	5.6	6.6	8.1	9.8	.4	.6	.7	.8	1.2
Midwest.....	111	4.7	4.9	6.7	7.9	9.5	.3	.5	.7	.9	.9
South.....	217	5.1	6.1	7.5	8.4	10.0	.5	.6	.7	.8	.9
West.....	131	5.0	6.0	7.3	9.0	10.6	.5	.6	.7	.9	1.0
Food Stamp Status:											
Participating.....	267	4.4	5.8	7.2	8.8	9.9	.5	.6	.7	.9	1.0
Not Participating....	304	4.9	5.6	7.1	8.1	10.1	.4	.6	.7	.9	.9
All Women.....	965	4.0	5.7	7.8	9.9	12.5	.4	.6	.8	1.1	1.4
Age:											
19-34.....	599	4.4	6.2	8.3	10.3	13.1	.5	.6	.8	1.1	1.4
35-50.....	366	3.4	4.9	6.9	9.2	11.2	.4	.6	.8	1.0	1.3
Income Level:											
0-75% Poverty.....	391	3.8	5.4	7.5	9.6	12.4	.4	.5	.8	1.0	1.3
76-130% Poverty.....	311	4.4	6.4	8.7	10.6	12.7	.5	.6	.9	1.1	1.5
Over 130% Poverty....	168	4.0	5.7	6.9	9.5	12.1	.5	.6	.8	1.1	1.3
0-100% Poverty.....	514	4.1	5.7	7.8	9.9	12.5	.4	.6	.8	1.1	1.4
0-130% Poverty.....	702	4.1	5.7	7.9	10.0	12.5	.4	.6	.8	1.1	1.4
Region:											
Northeast.....	241	3.9	5.9	8.3	10.0	12.7	.5	.6	.9	1.2	1.4
Midwest.....	212	4.0	5.7	8.3	9.6	12.1	.5	.7	.8	1.0	1.4
South.....	335	3.7	5.1	7.4	9.4	12.1	.4	.5	.7	1.0	1.3
West.....	177	4.7	5.9	7.4	10.9	13.6	.5	.7	.8	1.1	1.4
Food Stamp Status:											
Participating.....	417	3.6	5.6	8.0	9.9	12.5	.4	.6	.8	1.1	1.4
Not Participating....	548	4.2	5.7	7.8	9.8	12.7	.5	.6	.8	1.1	1.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 4N.--Sodium and Potassium: Intakes at Selected Percentiles, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Sodium (Percentile)					Potassium (Percentile)				
		10th	25th	50th	75th	90th	10th	25th	50th	75th	90th
		:	:	:	:	:	:	:	:	:	:
	Number	-----Milligrams-----									
All Children.....	571	1,231	1,509	1,890	2,299	2,805	1,097	1,429	1,760	2,046	2,487
Age:											
1-3.....	347	1,087	1,433	1,800	2,280	2,671	1,090	1,418	1,693	2,030	2,352
4-5.....	224	1,492	1,630	2,083	2,403	3,081	1,097	1,429	1,829	2,133	2,569
Income Level:											
0-75% Poverty.....	230	1,321	1,552	1,890	2,261	2,841	1,295	1,555	1,829	2,123	2,536
76-130% Poverty.....	195	1,150	1,492	1,738	2,300	2,651	1,039	1,263	1,633	2,021	2,503
Over 130% Poverty....	91	1,097	1,626	2,096	2,281	2,818	1,381	1,557	1,693	2,046	2,137
0-100% Poverty.....	311	1,241	1,536	1,890	2,300	2,781	1,238	1,471	1,829	2,121	2,569
0-130% Poverty.....	426	1,236	1,492	1,879	2,299	2,723	1,097	1,400	1,788	2,049	2,505
Region:											
Northeast.....	112	1,001	1,424	1,846	2,387	2,805	783	1,622	1,898	2,255	2,616
Midwest.....	111	1,171	1,492	1,999	2,281	2,720	1,097	1,211	1,691	2,046	2,328
South.....	217	1,386	1,636	1,962	2,364	2,777	1,219	1,471	1,760	2,013	2,321
West.....	131	1,231	1,476	1,840	2,207	2,813	1,321	1,435	1,690	1,982	2,610
Food Stamp Status:											
Participating.....	267	1,186	1,537	1,909	2,280	2,813	1,142	1,432	1,788	2,117	2,487
Not Participating....	304	1,231	1,492	1,879	2,316	2,777	1,097	1,424	1,747	2,043	2,476
All Women.....	965	1,087	1,550	2,120	2,707	3,422	897	1,268	1,759	2,235	2,869
Age:											
19-34.....	599	1,204	1,635	2,182	2,907	3,673	921	1,335	1,822	2,313	3,021
35-50.....	366	951	1,329	1,993	2,553	3,045	775	1,189	1,633	2,170	2,630
Income Level:											
0-75% Poverty.....	391	1,048	1,384	2,039	2,675	3,259	798	1,164	1,641	2,176	2,813
76-130% Poverty.....	311	1,081	1,652	2,245	2,942	3,602	944	1,414	1,844	2,381	2,971
Over 130% Poverty....	168	1,205	1,671	2,130	2,618	3,087	927	1,306	1,876	2,217	2,776
0-100% Poverty.....	514	1,049	1,471	2,115	2,786	3,480	838	1,256	1,678	2,247	2,871
0-130% Poverty.....	702	1,066	1,506	2,120	2,757	3,470	890	1,268	1,731	2,261	2,896
Region:											
Northeast.....	241	1,258	1,622	2,130	2,945	3,561	964	1,377	1,877	2,387	2,869
Midwest.....	212	1,205	1,795	2,159	2,670	3,206	938	1,324	1,787	2,241	2,930
South.....	335	981	1,316	1,962	2,664	3,418	775	977	1,468	2,050	2,734
West.....	177	1,166	1,669	2,149	2,824	3,429	1,033	1,454	1,870	2,330	3,285
Food Stamp Status:											
Participating.....	417	1,044	1,622	2,142	2,723	3,550	805	1,246	1,681	2,182	2,854
Not Participating....	548	1,087	1,507	2,101	2,694	3,373	921	1,272	1,794	2,273	2,896

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

## Children

## Children

NOTE: See "Table Notes."

73

## Women



## Women

NOTE: See "Table Notes."

75

Table 6A.-- Food Energy and Protein: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Food Energy (Percent of RDA)				Protein (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	3.4	12.2	47.1	37.3	0.0	0.0	1.9	98.1
Age:									
1-3.....	347	5.0	7.4	39.6	48.0	.0	.0	2.6	97.4
4-5.....	224	.9	19.8	58.8	20.6	.0	.0	.8	99.2
Income Level:									
0-75% Poverty.....	230	2.5	9.8	54.0	33.7	.0	.0	.0	100.0
76-130% Poverty.....	195	4.6	17.6	40.7	37.1	.0	.0	3.2	96.8
Over 130% Poverty....	91	.0	10.3	47.5	42.2	.0	.0	.0	100.0
0-100% Poverty.....	311	2.0	9.7	52.0	36.2	.0	.0	.0	100.0
0-130% Poverty.....	426	3.5	13.4	47.9	35.2	.0	.0	1.5	98.5
Region:									
Northeast.....	112	10.8	7.8	40.3	41.0	.0	.0	8.1	91.9
Midwest.....	111	1.3	28.1	32.3	38.3	.0	.0	.0	100.0
South.....	217	2.4	4.9	54.8	37.9	.0	.0	.8	99.2
West.....	131	.4	14.7	52.8	32.1	.0	.0	.0	100.0
Food Stamp Status:									
Participating.....	267	3.9	9.2	50.9	36.0	.0	.0	2.4	97.6
Not Participating....	304	3.0	14.9	43.8	38.3	.0	.0	1.5	98.5
All Women.....	965	21.0	31.3	35.6	12.1	2.4	7.0	21.0	69.6
Age:									
19-34.....	599	15.9	29.8	38.8	15.5	2.7	5.1	18.6	73.6
35-50.....	366	29.4	33.6	30.3	6.6	2.0	10.1	25.0	62.9
Income Level:									
0-75% Poverty.....	391	23.9	31.6	33.2	11.3	1.9	8.3	25.9	63.9
76-130% Poverty.....	311	17.9	29.8	35.8	16.4	1.3	5.9	15.0	77.8
Over 130% Poverty....	168	21.0	25.0	48.0	5.9	3.0	8.4	18.3	70.2
0-100% Poverty.....	514	21.8	31.7	32.7	13.8	1.9	7.8	21.7	68.6
0-130% Poverty.....	702	21.2	30.8	34.4	13.6	1.6	7.2	21.1	70.1
Region:									
Northeast.....	241	18.2	30.2	39.5	12.1	2.7	5.4	17.4	74.5
Midwest.....	212	14.6	32.4	41.6	11.3	1.8	4.0	21.1	73.1
South.....	335	29.3	29.2	29.2	12.3	2.1	11.5	25.0	61.4
West.....	177	16.8	35.3	35.1	12.8	3.4	4.2	18.3	74.1
Food Stamp Status:									
Participating.....	417	21.2	31.9	34.1	12.8	3.6	6.3	19.1	70.9
Not Participating....	548	20.8	30.8	36.7	11.6	1.5	7.5	22.5	68.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6B.--Vitamin A (IU) and Vitamin E: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin A (IU) (Percent of RDA)				Vitamin E (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	3.5	3.5	16.9	76.1	10.2	18.8	38.9	32.1
Age:									
1-3.....	347	4.3	3.8	10.7	81.3	8.8	21.3	36.6	33.3
4-5.....	224	2.3	3.0	26.5	68.2	12.3	14.9	42.5	30.3
Income Level:									
0-75% Poverty.....	230	5.6	2.6	10.0	81.8	7.6	16.7	40.0	35.7
76-130% Poverty.....	195	1.0	5.9	31.6	61.5	17.0	17.7	35.7	29.5
Over 130% Poverty....	91	.7	1.4	9.2	88.7	2.1	31.7	41.8	24.4
0-100% Poverty.....	311	4.5	3.8	13.1	78.6	8.3	17.1	38.6	36.0
0-130% Poverty.....	426	3.5	4.1	19.9	72.5	11.9	17.2	38.1	32.9
Region:									
Northeast.....	112	5.3	.4	14.4	79.9	11.3	17.2	30.3	41.3
Midwest.....	111	3.2	4.9	26.0	65.9	19.2	17.5	36.1	27.1
South.....	217	3.3	3.9	15.4	77.4	5.3	18.4	45.4	30.9
West.....	131	2.6	4.2	13.7	79.5	9.7	21.9	37.9	30.5
Food Stamp Status:									
Participating.....	267	6.5	4.2	15.0	74.3	9.9	17.5	39.6	33.0
Not Participating....	304	.8	2.8	18.5	77.8	10.4	20.0	38.3	31.3
All Women.....	965	34.6	15.1	16.7	33.5	34.1	24.3	24.5	17.1
Age:									
19-34.....	599	31.6	16.2	16.9	35.3	29.6	25.3	25.1	20.0
35-50.....	366	39.5	13.3	16.5	30.7	41.5	22.6	23.5	12.4
Income Level:									
0-75% Poverty.....	391	44.6	14.9	14.8	25.7	42.9	20.5	18.6	18.0
76-130% Poverty.....	311	28.4	14.2	17.0	40.4	28.0	25.0	27.5	19.5
Over 130% Poverty....	168	24.8	15.1	23.2	36.9	28.8	27.4	31.6	12.2
0-100% Poverty.....	514	40.5	14.4	14.5	30.6	39.9	21.5	19.5	19.2
0-130% Poverty.....	702	37.4	14.6	15.8	32.2	36.3	22.5	22.5	18.7
Region:									
Northeast.....	241	31.5	11.9	15.5	41.1	29.2	22.7	27.7	20.3
Midwest.....	212	31.7	20.9	17.2	30.2	27.5	27.3	28.7	16.5
South.....	335	41.6	12.5	18.4	27.5	43.3	22.6	19.7	14.4
West.....	177	29.1	17.4	14.7	38.8	31.3	25.9	24.1	18.6
Food Stamp Status:									
Participating.....	417	40.1	17.2	13.6	29.0	37.6	22.3	21.5	18.7
Not Participating....	548	30.4	13.5	19.1	37.0	31.5	25.8	26.7	15.9

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6C.--Ascorbic Acid and Thiamin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Ascorbic Acid (Percent of RDA)				Thiamin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	2.4	8.4	17.1	72.1	0.8	3.7	12.7	82.9
Age:									
1-3.....	347	3.7	8.2	17.3	70.8	1.3	4.8	6.8	87.1
4-5.....	224	.5	8.6	16.8	74.1	.0	1.9	21.7	76.4
Income Level:									
0-75% Poverty.....	230	2.3	3.4	16.4	78.0	.0	3.8	8.3	87.8
76-130% Poverty.....	195	1.7	15.3	17.3	65.8	.0	5.6	22.0	72.4
Over 130% Poverty....	91	.0	6.7	21.2	72.1	.0	.0	9.0	91.0
0-100% Poverty.....	311	2.5	4.8	14.4	78.2	.0	3.6	8.6	87.8
0-130% Poverty.....	426	2.0	8.9	16.8	72.4	.0	4.6	14.6	80.8
Region:									
Northeast.....	112	6.4	4.8	7.3	81.6	4.1	6.7	1.9	87.3
Midwest.....	111	.0	20.3	7.8	71.9	.0	1.3	25.7	72.9
South.....	217	1.8	4.0	26.3	67.9	.0	4.4	10.6	85.0
West.....	131	2.2	8.4	18.2	71.2	.0	1.8	14.1	84.1
Food Stamp Status:									
Participating.....	267	4.1	5.0	17.4	73.5	1.7	3.5	8.7	86.1
Not Participating....	304	.9	11.3	16.9	70.9	.0	3.8	16.1	80.1
All Women.....	965	26.6	15.9	15.1	42.4	13.2	14.6	28.5	43.8
Age:									
19-34.....	599	25.5	17.4	15.7	41.4	9.6	15.5	27.5	47.3
35-50.....	366	28.4	13.6	14.1	44.0	18.9	12.9	30.1	38.0
Income Level:									
0-75% Poverty.....	391	30.8	17.0	17.6	34.6	16.3	16.7	26.5	40.5
76-130% Poverty.....	311	25.4	16.4	14.5	43.7	11.9	9.4	29.0	49.7
Over 130% Poverty....	168	17.0	14.0	12.8	56.2	9.2	17.1	30.3	43.5
0-100% Poverty.....	514	28.2	16.8	16.6	38.3	15.3	15.0	25.9	43.7
0-130% Poverty.....	702	28.4	16.7	16.2	38.6	14.4	13.5	27.6	44.6
Region:									
Northeast.....	241	18.5	14.6	15.9	51.1	8.3	11.5	33.1	47.1
Midwest.....	212	29.6	13.9	16.1	40.4	8.3	13.6	35.9	42.2
South.....	335	32.7	16.6	13.9	36.8	21.5	14.5	21.4	42.6
West.....	177	22.5	18.9	15.1	43.5	9.9	19.9	26.6	43.6
Food Stamp Status:									
Participating.....	417	24.8	16.9	14.8	43.4	12.2	16.1	29.7	42.0
Not Participating....	548	27.9	15.2	15.3	41.6	13.9	13.4	27.5	45.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6D.--Riboflavin and Niacin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Riboflavin (Percent of RDA)				Niacin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	0.0	0.5	7.2	92.3	0.9	3.4	16.5	79.1
Age:									
1-3.....	347	.0	.4	7.7	92.0	1.3	4.5	13.1	81.1
4-5.....	224	.0	.7	6.6	92.7	.5	1.6	21.8	76.1
Income Level:									
0-75% Poverty.....	230	.0	.8	5.1	94.1	1.9	1.1	14.9	82.1
76-130% Poverty.....	195	.0	.4	9.6	90.0	.5	5.5	24.3	69.7
Over 130% Poverty....	91	.0	.0	4.5	95.5	.0	1.3	6.5	92.2
0-100% Poverty.....	311	.0	.6	7.6	91.8	1.7	1.4	17.5	79.4
0-130% Poverty.....	426	.0	.7	7.2	92.2	1.3	3.1	19.2	76.4
Region:									
Northeast.....	112	.0	.0	9.8	90.2	.0	10.0	8.9	81.1
Midwest.....	111	.0	.0	3.9	96.1	.0	1.3	26.5	72.2
South.....	217	.0	1.0	10.3	88.7	1.8	2.0	11.5	84.7
West.....	131	.0	.5	2.9	96.7	1.2	1.8	22.9	74.1
Food Stamp Status:									
Participating.....	267	.0	.7	8.9	90.4	1.4	2.3	16.7	79.6
Not Participating....	304	.0	.3	5.8	93.9	.5	4.4	16.4	78.7
All Women.....	965	11.8	17.8	30.2	40.2	4.9	12.4	27.5	55.2
Age:									
19-34.....	599	9.1	15.8	29.2	46.0	4.6	12.1	26.3	57.0
35-50.....	366	16.3	21.2	31.7	30.8	5.3	12.9	29.5	52.3
Income Level:									
0-75% Poverty.....	391	14.1	18.9	30.9	36.2	6.4	12.1	30.2	51.3
76-130% Poverty.....	311	9.0	18.4	25.0	47.7	2.2	12.6	25.5	59.6
Over 130% Poverty....	168	11.7	12.9	37.2	38.3	3.6	13.0	22.4	61.0
0-100% Poverty.....	514	12.3	17.6	31.1	39.1	5.6	11.0	29.0	54.4
0-130% Poverty.....	702	11.8	18.6	28.3	41.3	4.6	12.3	28.1	55.0
Region:									
Northeast.....	241	10.4	18.7	27.9	43.0	4.5	5.8	22.2	67.4
Midwest.....	212	11.2	9.6	33.3	46.0	3.0	16.8	29.9	50.2
South.....	335	16.2	23.5	27.4	32.9	6.2	14.8	32.3	46.7
West.....	177	6.1	15.9	34.7	43.3	5.0	11.5	22.8	60.8
Food Stamp Status:									
Participating.....	417	14.5	16.5	32.7	36.2	6.0	10.4	28.9	54.6
Not Participating....	548	9.7	18.8	28.2	43.3	4.0	13.9	26.4	55.7

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6E.--Vitamin B-6 and Folicin: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Vitamin B-6 (Percent of RDA)				Folicin (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	3.8	11.2	28.4	56.6	5.1	9.6	15.9	69.4
Age:									
1-3.....	347	5.0	3.8	19.3	71.8	1.3	3.6	6.9	88.2
4-5.....	224	1.8	22.5	42.6	33.1	11.0	18.8	29.9	40.3
Income Level:									
0-75% Poverty.....	230	3.2	5.4	35.6	55.7	1.4	11.6	15.6	71.4
76-130% Poverty.....	195	4.5	21.3	22.4	51.8	10.0	7.8	19.3	62.8
Over 130% Poverty....	91	.7	8.3	29.6	61.3	.7	11.5	8.3	79.5
0-100% Poverty.....	311	2.7	7.9	34.6	54.8	2.2	9.9	16.2	71.6
0-130% Poverty.....	426	3.8	12.7	29.6	53.9	5.3	9.9	17.3	67.5
Region:									
Northeast.....	112	8.1	4.7	25.9	61.3	4.1	8.1	13.7	74.1
Midwest.....	111	1.3	19.0	24.6	55.0	15.8	6.2	11.7	66.3
South.....	217	4.3	12.1	30.5	53.2	2.8	13.3	20.0	63.9
West.....	131	1.3	8.5	30.6	59.6	.7	7.5	14.6	77.1
Food Stamp Status:									
Participating.....	267	5.2	5.3	32.4	57.1	3.4	11.2	16.3	69.1
Not Participating....	304	2.5	16.3	25.0	56.2	6.6	8.1	15.6	69.6
All Women.....	965	53.5	25.9	15.7	4.9	71.1	17.4	7.7	3.7
Age:									
19-34.....	599	48.2	28.1	17.7	6.0	68.8	19.5	7.6	4.1
35-50.....	366	62.1	22.2	12.6	3.0	74.9	14.0	8.0	3.1
Income Level:									
0-75% Poverty.....	391	56.3	24.7	13.8	5.2	72.9	14.7	7.5	4.9
76-130% Poverty.....	311	46.6	28.6	19.9	4.9	68.1	19.7	8.2	4.0
Over 130% Poverty....	168	55.0	26.9	15.1	3.0	70.1	23.6	5.9	.4
0-100% Poverty.....	514	52.8	26.6	15.0	5.7	70.5	15.6	8.8	5.2
0-130% Poverty.....	702	52.0	26.4	16.5	5.0	70.8	16.9	7.8	4.5
Region:									
Northeast.....	241	45.8	29.7	20.3	4.2	71.4	17.1	8.7	2.7
Midwest.....	212	55.7	24.9	14.1	5.3	74.9	15.0	6.2	3.9
South.....	335	60.1	22.7	13.5	3.7	71.1	18.7	5.7	4.5
West.....	177	48.8	28.0	15.8	7.5	66.1	18.3	12.0	3.6
Food Stamp Status:									
Participating.....	417	54.3	25.7	14.7	5.3	72.9	14.1	8.7	4.2
Not Participating....	548	52.9	26.0	16.5	4.5	69.7	19.9	7.0	3.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 6F.--Vitamin B-12 and Calcium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	: Individuals :	Vitamin B-12 (Percent of RDA)				Calcium (Percent of RDA)			
		: Below 50% :	: 50-69% :	: 70-99% :	: 100% and over :	: Below 50% :	: 50-69% :	: 70-99% :	: 100% and over :
	Number	Percent of Individuals							
All Children.....	571	0.2	1.4	7.8	90.6	8.1	13.5	45.2	33.3
Age:									
1-3.....	347	.0	1.6	6.2	92.2	11.7	12.2	41.1	35.0
4-5.....	224	.5	1.2	10.1	88.2	2.3	15.4	51.5	30.7
Income Level:									
0-75% Poverty.....	230	.5	.9	5.3	93.3	7.5	10.4	45.4	36.7
76-130% Poverty.....	195	.0	2.6	10.1	87.3	10.4	16.5	41.9	31.3
Over 130% Poverty....	91	.0	.0	7.6	92.4	1.7	12.1	56.6	29.6
0-100% Poverty.....	311	.4	1.4	7.6	90.6	8.1	13.2	42.4	36.3
0-130% Poverty.....	426	.3	1.7	7.5	90.6	8.8	13.2	43.8	34.2
Region:									
Northeast.....	112	.5	.0	12.9	86.6	13.2	3.7	44.1	39.0
Midwest.....	111	.0	.0	6.7	93.3	3.0	10.4	45.0	41.5
South.....	217	.0	3.8	6.8	89.4	10.5	18.4	47.6	23.5
West.....	131	.5	.0	5.8	93.7	4.0	16.2	42.2	37.6
Food Stamp Status:									
Participating.....	267	.4	2.5	8.2	88.9	11.0	12.8	41.8	34.3
Not Participating....	304	.0	.5	7.4	92.1	5.4	14.0	48.2	32.4
All Women.....	965	11.1	12.6	22.3	54.1	38.9	20.3	24.2	16.5
Age:									
19-34.....	599	8.4	10.8	21.4	59.4	34.2	20.5	24.9	20.4
35-50.....	366	15.5	15.5	23.7	45.3	46.6	20.0	23.1	10.2
Income Level:									
0-75% Poverty.....	391	13.3	13.7	19.8	53.3	41.2	18.4	27.3	13.1
76-130% Poverty.....	311	7.7	8.3	25.1	58.9	37.2	17.6	23.0	22.3
Over 130% Poverty....	168	12.0	18.1	23.3	46.6	35.6	26.9	19.1	18.4
0-100% Poverty.....	514	11.2	11.5	22.4	54.9	39.5	19.0	26.5	15.0
0-130% Poverty.....	702	10.8	11.3	22.1	55.8	39.4	18.1	25.4	17.1
Region:									
Northeast.....	241	10.9	11.9	18.9	58.2	34.5	20.4	26.6	18.5
Midwest.....	212	6.7	17.3	20.0	55.9	30.2	20.2	25.4	24.2
South.....	335	14.6	11.3	25.4	48.7	52.0	16.9	21.7	9.4
West.....	177	9.7	10.3	23.6	56.4	30.7	26.8	24.4	18.1
Food Stamp Status:									
Participating.....	417	11.5	14.6	17.6	56.3	40.0	21.6	25.5	13.0
Not Participating....	548	10.8	11.0	25.8	52.4	38.1	19.3	23.3	19.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6G.--Phosphorus and Magnesium: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Phosphorus (Percent of RDA)				Magnesium (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	1.1	4.5	24.0	70.5	1.8	12.2	33.4	52.6
Age:									
1-3.....	347	1.8	6.3	23.8	68.1	2.6	7.1	25.9	64.5
4-5.....	224	.0	1.6	24.2	74.2	.6	20.2	45.1	34.1
Income Level:									
0-75% Poverty.....	230	.6	5.5	14.3	79.6	1.9	6.7	31.7	59.8
76-130% Poverty.....	195	.2	6.3	35.0	58.5	.7	22.4	35.0	42.0
Over 130% Poverty....	91	.0	.5	30.5	69.0	.0	6.8	39.3	53.9
0-100% Poverty.....	311	.6	5.0	19.0	75.4	1.5	8.3	34.4	55.8
0-130% Poverty.....	426	.4	5.9	23.8	69.9	1.3	13.9	33.2	51.6
Region:									
Northeast.....	112	4.1	6.4	12.2	77.3	4.1	12.2	19.1	64.6
Midwest.....	111	.0	5.6	35.2	59.3	.0	22.0	31.5	46.5
South.....	217	.6	4.9	24.1	70.4	2.4	9.9	38.8	49.0
West.....	131	.4	1.1	24.2	74.3	.4	7.9	38.5	53.3
Food Stamp Status:									
Participating.....	267	2.4	4.7	19.1	73.8	3.5	8.4	35.3	52.9
Not Participating....	304	.0	4.3	28.2	67.5	.3	15.6	31.8	52.3
All Women.....	965	7.2	11.8	27.0	53.9	39.6	31.2	22.7	6.4
Age:									
19-34.....	599	5.1	8.8	26.7	59.5	34.6	34.9	22.5	8.0
35-50.....	366	10.7	16.9	27.6	44.8	47.9	25.2	23.1	3.8
Income Level:									
0-75% Poverty.....	391	8.4	12.9	28.3	50.4	46.0	27.9	19.7	6.4
76-130% Poverty.....	311	5.6	12.5	20.8	61.1	32.3	33.6	26.6	7.5
Over 130% Poverty....	168	7.2	10.6	30.2	51.9	37.0	36.1	23.2	3.7
0-100% Poverty.....	514	7.6	11.9	27.2	53.3	41.3	29.0	22.2	7.5
0-130% Poverty.....	702	7.2	12.7	24.9	55.2	39.9	30.4	22.8	6.9
Region:									
Northeast.....	241	7.0	10.1	23.5	59.4	30.7	35.0	27.1	7.2
Midwest.....	212	5.7	8.4	22.6	63.3	34.6	34.7	23.8	6.9
South.....	335	9.9	16.8	30.9	42.4	55.0	23.6	16.8	4.6
West.....	177	4.2	8.9	29.8	57.2	28.7	36.3	26.8	8.2
Food Stamp Status:									
Participating.....	417	7.8	12.4	25.8	54.1	42.3	30.0	21.3	6.4
Not Participating....	548	6.8	11.4	28.0	53.8	37.6	32.2	23.8	6.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 6H.--Iron and Zinc: Percentage of Individuals with Intakes at Selected Levels of the 1980 Recommended Dietary Allowances, 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Region, and Food Stamp Program Status	Individuals	Iron (Percent of RDA)				Zinc (Percent of RDA)			
		Below 50%	50-69%	70-99%	100% and over	Below 50%	50-69%	70-99%	100% and over
	Number	Percent of Individuals							
All Children.....	571	20.3	32.9	26.5	20.3	14.8	31.5	42.3	11.4
Age:									
1-3.....	347	33.0	42.2	19.2	5.6	16.9	35.9	39.3	7.9
4-5.....	224	.5	18.5	37.7	43.2	11.6	24.6	46.8	17.0
Income Level:									
0-75% Poverty.....	230	18.1	20.9	34.4	26.6	12.4	25.8	48.2	13.5
76-130% Poverty.....	195	25.1	41.6	16.5	16.8	25.2	30.7	32.3	11.8
Over 130% Poverty....	91	12.7	38.2	38.4	10.6	1.5	41.6	51.2	5.8
0-100% Poverty.....	311	19.8	24.6	31.2	24.3	14.6	29.0	42.9	13.5
0-130% Poverty.....	426	21.3	30.3	26.2	22.1	18.3	28.1	40.9	12.7
Region:									
Northeast.....	112	24.7	32.9	20.1	22.4	17.7	36.2	37.0	9.1
Midwest.....	111	14.9	46.8	26.4	11.9	30.4	20.9	41.0	7.7
South.....	217	20.3	27.1	32.8	19.8	9.5	32.5	46.4	11.7
West.....	131	21.1	30.6	21.6	26.7	8.0	34.8	41.0	16.2
Food Stamp Status:									
Participating.....	267	18.8	29.8	29.8	21.6	16.0	29.6	43.8	10.6
Not Participating....	304	21.6	35.6	23.6	19.3	13.8	33.1	40.9	12.2
All Women.....	965	49.3	31.0	15.4	4.3	47.3	34.6	15.1	3.1
Age:									
19-34.....	599	45.4	30.3	18.9	5.3	39.8	39.2	17.3	3.6
35-50.....	366	55.7	32.2	9.6	2.6	59.5	26.9	11.4	2.2
Income Level:									
0-75% Poverty.....	391	51.0	29.7	14.4	4.8	48.9	33.5	14.4	3.2
76-130% Poverty.....	311	45.6	32.1	17.5	4.7	41.1	34.9	19.7	4.3
Over 130% Poverty....	168	48.8	36.6	11.9	2.7	53.3	34.0	10.7	2.0
0-100% Poverty.....	514	47.5	31.8	15.5	5.2	45.6	34.0	16.2	4.3
0-130% Poverty.....	702	48.6	30.8	15.8	4.8	45.4	34.1	16.7	3.7
Region:									
Northeast.....	241	40.1	35.3	20.6	3.9	45.6	35.9	14.7	3.8
Midwest.....	212	51.3	30.3	15.5	2.9	41.9	39.2	17.4	1.5
South.....	335	57.2	27.0	12.1	3.6	49.9	34.7	11.6	3.9
West.....	177	44.6	33.7	14.2	7.6	51.1	27.1	19.2	2.7
Food Stamp Status:									
Participating.....	417	48.8	30.5	15.3	5.3	45.6	35.5	15.7	3.2
Not Participating....	548	49.7	31.4	15.4	3.5	48.5	33.9	14.6	3.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

## Children

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Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Children.....	123.6	6.1	3,064	583	171	4.4	54	0.80
Age:								
1-3.....	122.8	6.1	2,995	574	165	4.4	55	.81
4-5.....	124.8	6.3	3,172	596	181	4.2	52	.79
Income Level:								
0-75% Poverty.....	121.1	6.3	2,975	595	151	4.6	60	.82
76-130% Poverty.....	123.5	6.0	3,041	568	175	4.3	51	.78
Over 130% Poverty....	128.9	6.5	2,831	522	165	3.6	48	.80
0-100% Poverty.....	122.2	6.3	2,914	575	152	4.4	58	.81
0-130% Poverty.....	122.2	6.1	3,005	582	162	4.5	56	.80
Race:								
White.....	125.2	6.3	2,972	565	166	4.0	50	.79
Black.....	116.8	5.8	3,353	650	183	5.0	54	.80
Other.....	121.9	5.9	3,146	561	194	4.7	69	.85
Region:								
Northeast.....	125.3	5.7	3,200	675	145	4.3	71	.83
Midwest.....	128.4	6.1	2,443	542	97	4.1	45	.81
South.....	120.6	6.0	2,975	516	191	3.9	46	.76
West.....	123.0	6.8	3,626	650	223	5.4	58	.84
Urbanization:								
Central Cities.....	122.6	5.9	2,982	606	147	4.6	56	.82
Suburban Areas.....	125.3	6.1	3,233	610	183	4.6	55	.80
Nonmetropolitan Areas	122.3	6.4	2,927	527	178	3.9	50	.80
Food Stamp Status:								
Participating.....	121.3	5.9	2,815	579	135	4.5	58	.82
Not Participating....	125.6	6.3	3,283	586	202	4.3	50	.79

Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus	Magnesium
	:	:	:	:	:	:	:	:
	-----Milligrams-----	-----Micrograms-----	-----Milligrams-----					
All Children.....	1.16	10.0	0.87	133	3.24	555	702	131
Age:								
1-3.....	1.19	10.0	.89	135	3.25	574	718	133
4-5.....	1.12	9.9	.85	129	3.22	524	677	127
Income Level:								
0-75% Poverty.....	1.17	10.0	.88	144	3.43	551	705	131
76-130% Poverty.....	1.17	9.7	.85	129	3.14	572	707	129
Over 130% Poverty....	1.12	10.2	.89	120	2.69	519	679	133
0-100% Poverty.....	1.16	9.7	.86	141	3.34	553	701	131
0-130% Poverty.....	1.17	9.9	.87	137	3.30	561	706	130
Race:								
White.....	1.17	9.8	.86	127	3.12	569	707	132
Black.....	1.11	10.4	.87	133	3.64	488	662	122
Other.....	1.16	10.6	.89	148	3.28	534	705	131
Region:								
Northeast.....	1.25	10.0	.88	133	4.23	596	731	134
Midwest.....	1.21	9.8	.89	124	3.03	578	703	130
South.....	1.06	9.8	.81	125	2.77	502	669	125
West.....	1.23	10.4	.94	151	3.33	586	733	137
Urbanization:								
Central Cities.....	1.20	9.7	.89	134	3.34	581	714	133
Suburban Areas.....	1.17	10.1	.89	133	3.31	553	704	132
Nonmetropolitan Areas	1.12	10.1	.84	131	3.05	532	690	127
Food Stamp Status:								
Participating.....	1.17	10.1	.86	137	3.59	544	700	128
Not Participating....	1.16	9.9	.88	129	2.93	565	705	133



Table 7.1.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over  
4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
-----Milligrams-----					
All Children.....	7.2	5.5	0.5	1,477	1,336
Age:					
1-3.....	7.3	5.5	.5	1,478	1,369
4-5.....	7.0	5.5	.5	1,474	1,285
Income Level:					
0-75% Poverty.....	7.3	5.6	.6	1,462	1,359
76-130% Poverty.....	7.1	5.3	.5	1,474	1,301
Over 130% Poverty....	7.0	5.4	.6	1,490	1,339
0-100% Poverty.....	7.2	5.5	.6	1,443	1,347
0-130% Poverty.....	7.2	5.5	.5	1,467	1,332
Race:					
White.....	7.2	5.4	.5	1,461	1,335
Black.....	7.2	5.4	.6	1,553	1,239
Other.....	7.4	5.9	.6	1,487	1,426
Region:					
Northeast.....	7.6	5.3	.6	1,458	1,413
Midwest.....	7.1	5.2	.5	1,483	1,295
South.....	6.7	5.5	.5	1,502	1,291
West.....	7.7	5.8	.6	1,446	1,379
Urbanization:					
Central Cities.....	7.1	5.4	.5	1,506	1,343
Suburban Areas.....	7.2	5.4	.6	1,444	1,335
Nonmetropolitan Areas	7.1	5.6	.5	1,491	1,331
Food Stamp Status:					
Participating.....	7.4	5.5	.5	1,463	1,326
Not Participating....	7.0	5.5	.5	1,488	1,344

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1985.

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

## Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Food Energy in Total Diet	Intake per 1,000 Kilocalories					
			Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Cholesterol
			:	:	:	:	:	:
	Number	Kilocalories	Grams					Milligrams
All Women.....	965	1,427	40.9	39.9	14.7	15.1	7.2	201
Age:								
19-34.....	599	1,531	39.7	40.1	14.9	15.1	7.2	201
35-50.....	366	1,255	42.7	39.5	14.3	15.0	7.2	200
Income Level:								
0-75% Poverty.....	391	1,382	41.5	39.8	14.8	15.2	7.0	210
76-130% Poverty.....	311	1,506	40.9	40.0	14.8	15.1	7.3	192
Over 130% Poverty....	168	1,405	39.6	39.7	14.8	14.7	7.5	183
0-100% Poverty.....	514	1,421	41.5	39.8	14.8	15.2	7.0	210
0-130% Poverty.....	702	1,437	41.2	39.9	14.8	15.2	7.1	202
Race:								
White.....	613	1,481	39.3	40.4	15.2	15.1	7.3	188
Black.....	235	1,251	43.9	39.9	13.9	15.5	7.4	228
Other.....	88	1,496	42.0	36.6	13.6	13.8	6.5	202
Region:								
Northeast.....	241	1,458	41.3	39.5	14.7	14.7	7.3	196
Midwest.....	212	1,471	38.7	41.7	15.6	15.6	7.5	182
South.....	335	1,346	41.9	38.8	14.0	14.9	7.0	213
West.....	177	1,484	40.7	40.3	15.1	15.2	7.2	207
Urbanization:								
Central Cities.....	356	1,426	40.7	40.1	14.5	15.2	7.4	205
Suburban Areas.....	335	1,358	41.4	39.2	14.7	14.7	7.0	201
Nonmetropolitan Areas	275	1,511	40.4	40.4	15.0	15.3	7.2	194
Food Stamp Status:								
Participating.....	417	1,426	40.9	40.1	14.6	15.3	7.2	214
Not Participating....	548	1,427	40.9	39.7	14.8	14.9	7.2	190

Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories							
	Carbohydrate	Dietary Fiber	Vitamin A	Vitamin A	Carotenes	Vitamin E	Ascorbic Acid	Thiamin
	Grams		International Units	Retinol Equivalents		Alpha-Tocopherol Equivalents	Milligrams	
All Women.....	118.5	6.4	2,957	506	199	4.2	46	0.72
Age:								
19-34.....	119.2	6.3	2,917	499	198	4.3	43	.70
35-50.....	117.4	6.6	3,023	517	201	4.0	52	.74
Income Level:								
0-75% Poverty.....	118.4	6.3	2,686	499	157	4.3	43	.73
76-130% Poverty.....	118.6	6.6	3,078	503	227	4.2	47	.72
Over 130% Poverty....	118.7	6.7	3,202	494	238	3.9	53	.69
0-100% Poverty.....	118.0	6.5	2,882	509	182	4.3	44	.73
0-130% Poverty.....	118.5	6.4	2,859	501	188	4.3	44	.73
Race:								
White.....	119.0	6.6	2,954	505	202	4.3	45	.70
Black.....	115.0	6.1	3,179	549	207	4.2	48	.75
Other.....	125.1	6.3	2,460	388	178	3.6	52	.72
Region:								
Northeast.....	116.9	6.4	3,104	528	207	4.3	53	.74
Midwest.....	117.1	6.4	2,625	470	164	4.3	42	.69
South.....	121.1	6.0	2,841	497	192	3.8	44	.72
West.....	117.5	7.3	3,374	533	245	4.7	47	.71
Urbanization:								
Central Cities.....	117.7	6.6	3,457	592	228	4.1	51	.71
Suburban Areas.....	118.6	6.3	2,842	485	199	4.3	43	.73
Nonmetropolitan Areas	119.5	6.4	2,449	418	163	4.1	45	.72
Food Stamp Status:								
Participating.....	116.8	6.2	2,704	491	173	4.4	47	.72
Not Participating....	119.8	6.6	3,150	517	219	4.0	46	.71

## Women

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Table 7.2.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual Over  
4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Intake per 1,000 Kilocalories				
	Iron	Zinc	Copper	Sodium	Potassium
	:	:	:	:	:
-----Milligrams-----					
All Women.....	6.8	5.8	0.6	1,573	1,292
Age:					
19-34.....	6.7	5.8	.6	1,528	1,249
35-50.....	7.0	5.9	.7	1,646	1,364
Income Level:					
0-75% Poverty.....	6.9	5.9	.6	1,587	1,265
76-130% Poverty.....	6.7	5.9	.6	1,564	1,305
Over 130% Poverty....	6.5	5.6	.6	1,541	1,331
0-100% Poverty.....	6.9	5.9	.6	1,577	1,280
0-130% Poverty.....	6.8	5.9	.6	1,577	1,282
Race:					
White.....	6.7	5.8	.6	1,530	1,339
Black.....	6.8	5.8	.6	1,675	1,151
Other.....	7.0	6.2	.6	1,521	1,325
Region:					
Northeast.....	7.2	5.9	.7	1,597	1,354
Midwest.....	6.3	5.6	.6	1,545	1,288
South.....	6.6	5.9	.6	1,593	1,216
West.....	7.1	5.8	.6	1,535	1,358
Urbanization:					
Central Cities.....	6.7	5.7	.7	1,598	1,269
Suburban Areas.....	6.9	6.0	.6	1,535	1,313
Nonmetropolitan Areas	6.8	5.8	.6	1,586	1,297
Food Stamp Status:					
Participating.....	6.9	5.8	.6	1,571	1,255
Not Participating....	6.7	5.8	.6	1,574	1,321

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1985.

Table 8.1.--Food Energy from Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean Percentage per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Children

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Number	Percent					
All Children.....	571	15.7	36.1	14.3	13.3	5.9	49.4
Age:							
1-3.....	347	16.0	36.1	14.5	13.2	5.8	49.1
4-5.....	224	15.3	36.0	14.1	13.3	6.1	49.9
Income Level:							
0-75% Poverty.....	230	16.0	36.7	14.6	13.5	5.9	48.4
76-130% Poverty.....	195	15.3	36.5	14.6	13.5	5.9	49.4
Over 130% Poverty....	91	15.3	34.6	13.6	12.7	5.9	51.6
0-100% Poverty.....	311	15.7	36.6	14.6	13.5	5.9	48.9
0-130% Poverty.....	426	15.6	36.7	14.6	13.5	5.9	48.9
Race:							
White.....	379	15.4	35.8	14.3	13.2	5.9	50.1
Black.....	97	16.0	38.2	14.6	14.3	6.6	46.7
Other.....	67	16.7	35.5	14.2	12.9	5.7	48.8
Region:							
Northeast.....	112	15.6	35.4	14.5	12.7	5.7	50.1
Midwest.....	111	14.5	35.6	14.4	13.0	5.9	51.4
South.....	217	15.9	36.9	14.3	13.8	6.2	48.2
West.....	131	16.4	35.7	14.2	13.2	5.7	49.2
Urbanization:							
Central Cities.....	165	15.6	36.5	14.4	13.4	6.2	49.1
Suburban Areas.....	227	15.6	35.6	14.1	13.1	5.8	50.1
Nonmetropolitan Areas	179	15.9	36.4	14.5	13.5	5.8	48.9
Food Stamp Status:							
Participating.....	267	16.0	36.5	14.5	13.5	5.8	48.5
Not Participating....	304	15.4	35.7	14.2	13.1	6.0	50.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



## Women

NOTE: See "Table Notes."

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Table 9.1--Breakfast: Percentage of Individuals Reporting on Specified  
Number of Days, 4 Nonconsecutive Days, Low-Income  
Households, 1985

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Breakfast Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
		:	:	:	:	:	:
		Number	Percent of Individuals				
All Children.....	571	2.0	0.0	4.0	9.4	84.6	
Age:							
1-3.....	347	.0	.0	4.8	9.8	85.4	
4-5.....	224	5.2	.0	2.7	8.7	83.4	
Income Level:							
0-75% Poverty.....	230	5.0	.0	3.2	10.5	81.3	
76-130% Poverty.....	195	.0	.0	2.8	8.9	88.3	
Over 130% Poverty....	91	.0	.0	2.4	5.0	92.6	
0-100% Poverty.....	311	3.7	.0	3.2	9.5	83.6	
0-130% Poverty.....	426	2.7	.0	3.0	9.8	84.5	
Race:							
White.....	379	3.1	.0	4.5	7.9	84.5	
Black.....	97	.0	.0	2.4	11.1	86.6	
Other.....	67	.0	.0	3.2	12.4	84.4	
Region:							
Northeast.....	112	.0	.0	8.2	9.4	82.4	
Midwest.....	111	.0	.0	1.0	6.8	92.2	
South.....	217	5.3	.0	4.8	11.3	78.6	
West.....	131	.0	.0	1.6	8.2	90.1	
Urbanization:							
Central Cities.....	165	.0	.0	1.7	12.3	86.0	
Suburban Areas.....	227	.0	.0	5.8	7.9	86.3	
Nonmetropolitan Areas	179	6.5	.0	3.8	8.5	81.2	
Food Stamp Status:							
Participating.....	267	4.3	.0	5.8	12.3	77.5	
Not Participating....	304	.0	.0	2.4	6.8	90.8	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1985.

Table 9.2--Breakfast: Percentage of Individuals Reporting on Specified  
Number of Days, 4 Nonconsecutive Days, Low-Income  
Households, 1985

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Breakfast Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
		Number	Percent of Individuals				
All Women.....	965	4.5	7.7	17.4	27.2	43.3	
Age:							
19-34.....	599	5.6	8.5	17.8	27.6	40.5	
35-50.....	366	2.7	6.3	16.6	26.6	47.9	
Income Level:							
0-75% Poverty.....	391	4.2	8.3	18.6	28.0	40.8	
76-130% Poverty.....	311	6.1	4.8	16.6	26.3	46.2	
Over 130% Poverty....	168	1.3	9.2	14.6	31.1	43.8	
0-100% Poverty.....	514	3.6	8.2	19.0	26.2	43.0	
0-130% Poverty.....	702	5.1	6.7	17.7	27.3	43.2	
Race:							
White.....	613	2.8	6.4	16.6	27.0	47.1	
Black.....	235	9.2	11.6	19.5	31.2	28.5	
Other.....	88	5.0	5.3	17.9	21.6	50.1	
Region:							
Northeast.....	241	4.1	5.3	20.6	24.4	45.5	
Midwest.....	212	9.4	9.4	13.6	24.7	42.8	
South.....	335	3.3	8.2	18.3	28.8	41.4	
West.....	177	1.1	7.9	15.7	30.7	44.5	
Urbanization:							
Central Cities.....	356	8.6	8.8	17.7	25.4	39.4	
Suburban Areas.....	335	.9	5.4	18.3	31.8	43.5	
Nonmetropolitan Areas	275	3.4	9.0	15.8	23.7	48.2	
Food Stamp Status:							
Participating.....	417	4.5	11.2	20.1	26.1	38.0	
Not Participating....	548	4.4	5.0	15.3	28.0	47.3	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1985.

Children

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Children

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## Children

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## Children

NOTE: See "Table Notes."

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Table 10.2.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	Individuals	:	:	:	:	:	:
Race, Region,	:	Reporting	:	:	Total	Saturated	Monounsaturated	Polyunsaturated
Urbanization, and	Individuals	Breakfast at	Food	Energy	Fat	Fat	Fat	Fat
Food Stamp Program	:	Least Once	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Number	Percent						
All Women.....	965	95.5	16.1	14.1	16.0	17.0	15.7	14.2
Age:								
19-34.....	599	94.4	16.2	14.7	16.3	17.2	16.1	14.4
35-50.....	366	97.3	16.0	13.2	15.5	16.5	15.1	13.7
Income Level:								
0-75% Poverty.....	391	95.8	16.8	14.8	17.2	18.3	16.8	15.3
76-130% Poverty.....	311	93.9	15.1	13.3	14.5	15.6	14.2	12.3
Over 130% Poverty....	168	98.7	15.6	13.3	14.9	15.6	14.8	13.3
0-100% Poverty.....	514	96.4	16.9	14.9	17.2	18.4	16.8	15.3
0-130% Poverty.....	702	94.9	16.1	14.1	16.0	17.1	15.6	14.0
Race:								
White.....	613	97.2	15.5	13.7	14.8	15.6	14.5	13.2
Black.....	235	90.8	17.4	15.5	18.5	19.7	18.5	15.9
Other.....	88	95.0	15.4	12.7	15.8	17.4	15.3	14.2
Region:								
Northeast.....	241	95.9	14.4	12.1	13.9	15.7	13.6	11.2
Midwest.....	212	90.6	15.0	13.1	13.9	13.9	14.0	13.2
South.....	335	96.7	16.3	14.2	17.1	18.2	16.8	15.0
West.....	177	98.9	19.3	17.9	19.2	20.0	18.9	17.6
Urbanization:								
Central Cities.....	356	91.4	16.2	14.4	16.3	17.5	16.1	14.1
Suburban Areas.....	335	99.1	16.4	14.1	16.5	17.6	15.8	14.7
Nonmetropolitan Areas	275	96.6	15.7	13.7	15.1	15.5	15.1	13.7
Food Stamp Status:								
Participating.....	417	95.5	16.2	14.7	16.8	17.5	16.7	15.2
Not Participating....	548	95.6	16.0	13.6	15.4	16.5	15.0	13.4

Table 10.2.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
-----Percent-----								
All Women.....	28.9	17.2	12.3	18.7	25.4	7.3	16.2	20.3
Age:								
19-34.....	30.3	16.9	13.0	19.8	26.8	7.5	17.1	20.2
35-50.....	26.5	17.7	11.3	17.0	23.0	7.0	14.7	20.3
Income Level:								
0-75% Poverty.....	31.3	17.4	12.6	20.5	27.2	8.4	18.0	19.8
76-130% Poverty.....	25.4	16.7	11.2	17.2	23.8	5.4	14.4	20.1
Over 130% Poverty....	25.9	17.4	13.4	19.0	26.1	8.7	14.9	22.9
0-100% Poverty.....	30.8	17.7	13.1	20.1	26.9	7.9	17.6	20.4
0-130% Poverty.....	28.7	17.1	12.0	19.0	25.7	7.1	16.4	19.9
Race:								
White.....	27.2	17.1	12.8	19.3	26.4	6.9	16.2	20.1
Black.....	32.2	17.6	11.9	17.9	23.4	8.8	15.7	21.4
Other.....	29.6	16.2	10.1	15.7	22.6	6.2	15.7	18.0
Region:								
Northeast.....	25.7	16.0	11.0	16.7	22.7	6.4	14.0	18.4
Midwest.....	24.7	16.9	12.5	21.2	27.2	8.1	17.7	21.0
South.....	30.3	16.7	11.2	19.2	26.1	7.9	15.7	20.5
West.....	35.6	20.4	16.1	17.5	25.4	6.5	18.2	21.5
Urbanization:								
Central Cities.....	30.0	17.2	12.4	16.4	22.6	6.6	14.2	20.2
Suburban Areas.....	29.2	17.5	12.1	19.9	27.1	7.7	18.0	19.1
Nonmetropolitan Areas	27.1	16.9	12.6	20.3	26.9	7.8	16.5	21.9
Food Stamp Status:								
Participating.....	31.6	16.7	12.5	20.3	26.3	8.9	17.8	20.9
Not Participating....	26.8	17.7	12.2	17.4	24.6	6.1	14.9	19.8

Table 10.2.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium
Food Stamp Program	:	:	:	:	:	:	:	Phosphorus
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	21.9	24.1	16.2	18.0	24.2	20.8	23.4	18.5
Age:								
19-34.....	23.2	25.3	17.1	19.5	25.6	22.0	23.7	19.1
35-50.....	19.8	22.2	14.6	15.5	21.9	18.8	23.0	17.5
Income Level:								
0-75% Poverty.....	22.3	25.3	16.0	18.0	24.6	22.6	25.0	19.7
76-130% Poverty.....	21.2	23.2	16.1	18.1	23.6	19.5	22.7	17.4
Over 130% Poverty....	22.6	23.7	17.2	19.1	24.5	19.0	21.8	17.4
0-100% Poverty.....	23.0	25.6	16.5	18.7	25.1	22.3	25.1	19.8
0-130% Poverty.....	21.8	24.3	16.1	18.0	24.2	21.2	24.0	18.7
Race:								
White.....	22.4	24.1	17.1	19.2	25.4	19.8	22.7	18.2
Black.....	21.8	24.6	14.9	16.0	22.9	24.2	24.5	19.4
Other.....	17.8	22.0	12.7	14.1	18.9	18.1	24.3	17.3
Region:								
Northeast.....	18.8	21.7	14.9	15.6	21.9	18.6	21.6	16.2
Midwest.....	22.2	23.4	16.7	19.0	26.0	21.4	20.4	16.8
South.....	21.5	24.0	14.9	17.1	23.3	20.4	24.5	19.0
West.....	26.7	28.4	19.7	21.6	26.8	23.7	27.2	22.6
Urbanization:								
Central Cities.....	21.1	23.4	15.2	16.4	22.7	21.1	22.8	18.3
Suburban Areas.....	21.7	24.9	16.5	18.3	23.5	20.7	24.8	19.2
Nonmetropolitan Areas	23.3	24.1	17.0	19.7	27.0	20.5	22.4	17.9
Food Stamp Status:								
Participating.....	21.8	24.2	16.1	17.6	24.6	22.2	23.0	18.7
Not Participating....	22.0	24.0	16.3	18.3	23.9	19.7	23.7	18.3

Table 10.2.--Nutrient Contribution of Breakfast: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:
Status	:	:	:	:	:	:
	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Percent-----						
All Women.....	19.5	20.1	14.0	15.2	15.3	18.7
Age:						
19-34.....	19.6	21.4	14.8	15.2	16.0	18.6
35-50.....	19.3	18.0	12.7	15.1	14.3	18.8
Income Level:						
0-75% Poverty.....	20.1	20.7	14.6	15.6	16.5	19.3
76-130% Poverty.....	18.8	19.1	13.4	14.5	14.3	17.9
Over 130% Poverty....	19.7	20.4	13.6	15.3	14.3	18.8
0-100% Poverty.....	20.3	21.0	14.7	15.8	16.7	19.4
0-130% Poverty.....	19.5	20.0	14.1	15.1	15.5	18.7
Race:						
White.....	19.9	20.6	13.6	15.1	14.4	18.5
Black.....	18.7	19.7	15.6	16.1	18.3	19.0
Other.....	18.4	16.7	11.4	13.1	13.7	18.7
Region:						
Northeast.....	18.1	17.8	12.1	13.5	12.7	17.2
Midwest.....	19.0	21.1	13.4	14.7	13.7	16.8
South.....	19.2	18.6	13.7	15.1	16.2	19.1
West.....	22.4	24.9	17.7	18.3	19.2	22.1
Urbanization:						
Central Cities.....	18.2	19.3	14.7	14.6	15.7	17.8
Suburban Areas.....	21.2	20.1	13.7	15.9	15.4	20.5
Nonmetropolitan Areas	19.0	21.0	13.4	15.1	14.7	17.7
Food Stamp Status:						
Participating.....	19.3	20.9	14.3	15.7	16.0	18.8
Not Participating....	19.6	19.5	13.7	14.8	14.8	18.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

## Children

NOTE: See "Table Notes."

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Table 11.2--Snacks: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, Low-Income Households, 1985

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Snacks Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
	Number	Percent of Individuals					
All Women.....	965	7.2	17.5	21.5	26.0	27.9	
Age:							
19-34.....	599	4.6	16.5	20.6	25.4	32.9	
35-50.....	366	11.5	19.0	22.9	26.9	19.7	
Income Level:							
0-75% Poverty.....	391	8.6	23.5	22.0	23.5	22.4	
76-130% Poverty.....	311	6.2	13.5	20.8	26.5	33.0	
Over 130% Poverty....	168	2.6	12.7	19.4	32.6	32.7	
0-100% Poverty.....	514	7.5	22.7	21.3	23.7	24.8	
0-130% Poverty.....	702	7.5	19.1	21.5	24.8	27.1	
Race:							
White.....	613	6.0	10.9	20.2	27.6	35.3	
Black.....	235	10.6	32.6	24.0	22.4	10.4	
Other.....	88	3.3	17.0	22.1	28.4	29.2	
Region:							
Northeast.....	241	5.1	13.7	26.3	23.0	31.9	
Midwest.....	212	11.4	9.9	19.8	24.7	34.2	
South.....	335	8.0	20.9	20.7	29.8	20.6	
West.....	177	3.5	25.1	18.5	24.4	28.5	
Urbanization:							
Central Cities.....	356	9.8	21.9	18.6	24.7	24.9	
Suburban Areas.....	335	3.8	15.9	25.5	26.0	28.8	
Nonmetropolitan Areas	275	8.0	13.6	20.3	27.6	30.5	
Food Stamp Status:							
Participating.....	417	9.2	19.8	26.2	21.2	23.7	
Not Participating....	548	5.7	15.7	17.9	29.7	31.0	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals,  
Low Income, 1985.

Table 12.1.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Children

	:	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	Individuals	:	:	:	:	:	:
Race, Region,	:	:	Reporting	:	:	:	:	:	:
Urbanization, and	:	Individuals	Snacks at	:	Food	:	Total	Saturated	Monounsaturated
Food Stamp Program	:	:	Least Once	:	Energy	:	Fat	Fat	Fat
Status	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	Number								
All Children.....	571	97.2	16.0	9.6	14.7	16.1	13.4	14.2	
Age:									
1-3.....	347	97.3	16.8	10.5	15.4	17.3	13.9	14.0	
4-5.....	224	97.0	14.7	8.3	13.7	14.4	12.6	14.5	
Income Level:									
0-75% Poverty.....	230	97.9	14.6	8.9	13.2	14.1	11.7	14.0	
76-130% Poverty.....	195	95.0	17.9	11.8	17.5	19.0	16.2	16.6	
Over 130% Poverty....	91	99.5	17.5	8.4	15.4	17.9	14.2	13.2	
0-100% Poverty.....	311	97.1	15.7	10.1	14.4	15.5	13.0	14.6	
0-130% Poverty.....	426	96.6	16.1	10.2	15.2	16.4	13.8	15.2	
Race:									
White.....	379	97.1	16.2	9.2	14.6	16.0	13.4	13.7	
Black.....	97	95.8	14.1	9.7	13.9	14.6	12.3	15.7	
Other.....	67	99.2	16.9	11.0	15.7	18.2	13.7	14.2	
Region:									
Northeast.....	112	99.5	19.2	12.2	17.4	18.7	15.6	17.6	
Midwest.....	111	95.4	18.2	9.9	17.7	19.3	16.3	17.4	
South.....	217	96.6	13.9	8.0	12.8	14.5	11.6	11.5	
West.....	131	97.6	14.6	9.9	13.0	13.9	12.0	13.1	
Urbanization:									
Central Cities.....	165	97.2	16.2	10.3	16.0	17.0	14.6	16.3	
Suburban Areas.....	227	99.6	17.3	10.1	16.0	17.8	14.5	15.1	
Nonmetropolitan Areas	179	94.1	14.0	8.4	12.0	13.2	11.0	11.1	
Food Stamp Status:									
Participating.....	267	96.0	15.0	9.7	13.8	14.7	12.5	14.2	
Not Participating....	304	98.2	16.8	9.6	15.5	17.3	14.2	14.2	

Table 12.1.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	-----Percent-----							
All Children.....	8.6	19.0	14.9	10.6	10.4	11.9	15.3	16.1
Age:								
1-3.....	9.0	19.9	14.6	10.3	10.7	10.2	14.9	16.4
4-5.....	7.9	17.6	15.3	11.0	9.9	14.7	15.9	15.8
Income Level:								
0-75% Poverty.....	7.5	17.6	13.8	8.6	8.5	10.0	14.0	16.6
76-130% Poverty.....	11.0	20.1	17.5	14.8	14.3	16.3	17.9	16.6
Over 130% Poverty....	7.8	22.0	14.8	8.6	8.3	10.4	16.6	18.3
0-100% Poverty.....	8.5	18.7	15.2	10.2	10.1	11.2	15.3	17.4
0-130% Poverty.....	9.1	18.8	15.5	11.5	11.2	12.9	15.8	16.6
Race:								
White.....	8.8	19.7	14.9	9.8	9.5	11.9	15.5	16.4
Black.....	8.6	15.9	13.2	9.9	9.8	10.3	13.7	12.2
Other.....	7.8	19.9	15.3	14.7	15.2	11.5	14.5	20.3
Region:								
Northeast.....	9.2	22.8	15.0	11.1	11.1	12.6	15.7	19.8
Midwest.....	11.4	21.2	18.5	9.5	8.8	14.2	20.1	14.3
South.....	7.0	16.9	13.0	11.1	11.0	10.9	13.0	15.8
West.....	8.4	17.3	14.9	10.2	10.1	11.1	14.6	15.2
Urbanization:								
Central Cities.....	10.1	18.5	16.9	10.7	10.6	13.5	16.9	16.1
Suburban Areas.....	8.6	20.5	15.4	12.1	11.1	14.3	15.9	15.8
Nonmetropolitan Areas	7.3	17.5	12.4	8.6	9.3	7.5	13.0	16.7
Food Stamp Status:								
Participating.....	8.1	17.6	13.2	9.1	8.9	10.6	13.7	15.5
Not Participating....	9.1	20.2	16.4	11.9	11.7	13.1	16.7	16.8

Children

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## Children

NOTE: See "Table Notes."

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Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Women

	:	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	Individuals	:	:	:	:	:	:
Race, Region,	:	:	Reporting	:	:	Total	Saturated	Monounsaturated	Polyunsaturated
Urbanization, and	:	Individuals	Snacks at	:	Energy	Protein	Fat	Fat	Fat
Food Stamp Program	:	:	Least Once	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:
	Number								
All Women.....	965	92.8	14.5	7.5	11.1	12.2	10.2	10.6	
Age:									
19-34.....	599	95.4	15.7	8.0	12.0	13.1	11.2	11.2	
35-50.....	366	88.5	12.5	6.8	9.6	10.7	8.6	9.5	
Income Level:									
0-75% Poverty.....	391	91.4	13.4	7.3	10.1	10.8	9.1	10.5	
76-130% Poverty.....	311	93.8	15.6	8.4	12.9	13.7	12.2	12.1	
Over 130% Poverty....	168	97.4	15.3	6.9	10.6	12.6	9.4	9.0	
0-100% Poverty.....	514	92.5	13.7	7.4	10.4	11.2	9.4	10.6	
0-130% Poverty.....	702	92.5	14.4	7.8	11.3	12.1	10.5	11.2	
Race:									
White.....	613	94.0	15.6	7.8	11.9	13.1	11.0	11.2	
Black.....	235	89.4	13.1	8.0	10.8	11.5	10.0	11.0	
Other.....	88	96.7	12.8	5.3	8.0	9.6	7.1	7.0	
Region:									
Northeast.....	241	94.9	15.5	8.2	11.9	13.1	10.9	11.4	
Midwest.....	212	88.6	16.2	8.4	13.4	14.5	12.5	12.5	
South.....	335	92.0	13.1	6.9	9.3	10.2	8.5	8.7	
West.....	177	96.5	13.6	6.9	10.8	11.9	9.7	10.6	
Urbanization:									
Central Cities.....	356	90.2	14.6	8.5	12.0	13.0	11.2	11.3	
Suburban Areas.....	335	96.2	15.1	7.4	11.0	12.3	10.0	10.3	
Nonmetropolitan Areas	275	92.0	13.7	6.5	10.1	11.1	9.2	9.9	
Food Stamp Status:									
Participating.....	417	90.8	14.3	7.5	10.5	11.2	9.6	10.8	
Not Participating....	548	94.3	14.6	7.5	11.6	12.9	10.7	10.4	



## Women

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## Women

Table 12.2.--Nutrient Contribution of Snacks: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Magnesium	Iron	Zinc	Copper	Sodium	Potassium
-----Percent-----						
All Women.....	13.7	8.7	8.3	13.3	8.3	12.7
Age:						
19-34.....	14.4	8.7	9.0	14.0	8.9	13.1
35-50.....	12.6	8.5	7.0	12.0	7.3	12.0
Income Level:						
0-75% Poverty.....	12.7	8.5	7.6	12.2	8.3	12.0
76-130% Poverty.....	15.2	9.4	9.1	14.3	8.4	13.7
Over 130% Poverty....	13.7	8.0	8.3	14.5	7.8	12.9
0-100% Poverty.....	12.8	8.4	7.8	12.2	8.3	12.1
0-130% Poverty.....	13.8	8.9	8.3	13.2	8.4	12.8
Race:						
White.....	15.0	9.3	8.6	14.7	8.7	13.8
Black.....	12.1	8.8	8.7	11.4	8.5	11.5
Other.....	10.9	6.1	6.1	11.2	6.3	10.0
Region:						
Northeast.....	15.2	9.2	8.3	13.9	8.5	14.6
Midwest.....	15.7	9.8	9.8	15.8	9.8	14.1
South.....	11.9	7.8	7.3	11.6	7.7	10.8
West.....	12.8	8.2	8.0	12.6	7.1	12.1
Urbanization:						
Central Cities.....	14.1	9.0	9.2	13.2	8.4	13.4
Suburban Areas.....	13.7	8.7	7.9	13.8	8.6	12.6
Nonmetropolitan Areas	13.2	8.2	7.4	12.7	7.8	12.0
Food Stamp Status:						
Participating.....	13.3	9.2	8.2	13.3	8.8	12.3
Not Participating....	14.0	8.3	8.3	13.3	7.9	13.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 13.1--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, Low-Income Households, 1985

Children

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Food Away Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
	Number	Percent of Individuals					
All Children.....	571	27.7	33.9	16.3	16.8	5.3	
Age:							
1-3.....	347	32.9	36.0	15.9	11.9	3.2	
4-5.....	224	19.7	30.6	16.8	24.4	8.6	
Income Level:							
0-75% Poverty.....	230	34.3	31.3	12.2	15.2	7.0	
76-130% Poverty.....	195	18.5	38.0	20.0	17.6	5.9	
Over 130% Poverty....	91	17.9	32.1	21.2	26.9	1.9	
0-100% Poverty.....	311	30.9	30.4	14.6	15.9	8.2	
0-130% Poverty.....	426	27.1	34.3	15.8	16.3	6.5	
Race:							
White.....	379	27.0	30.5	17.4	19.3	5.7	
Black.....	97	27.9	42.3	14.9	9.6	5.3	
Other.....	67	26.1	42.5	12.2	13.8	5.5	
Region:							
Northeast.....	112	53.1	18.7	15.8	9.1	3.3	
Midwest.....	111	13.0	37.5	10.3	28.7	10.5	
South.....	217	23.8	33.6	18.1	19.3	5.2	
West.....	131	25.0	44.3	18.7	9.1	2.9	
Urbanization:							
Central Cities.....	165	33.3	36.3	12.6	10.2	7.6	
Suburban Areas.....	227	28.8	35.1	15.3	17.9	3.0	
Nonmetropolitan Areas	179	21.2	30.2	20.9	21.6	6.2	
Food Stamp Status:							
Participating.....	267	38.1	28.9	11.3	15.6	6.1	
Not Participating....	304	18.6	38.3	20.6	17.9	4.6	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 13.2--Food Obtained and Eaten Away from Home: Percentage of Individuals Reporting on Specified Number of Days, 4 Nonconsecutive Days, Low-Income Households, 1985

Women

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Number of Days Food Away Reported					
		0	1	2	3	4	
		:	:	:	:	:	:
		Number	-----Percent of Individuals-----				
All Women.....	965	23.8	26.2	22.7	19.1	8.2	
Age:							
19-34.....	599	18.7	24.7	24.3	22.5	9.8	
35-50.....	366	32.2	28.7	20.1	13.4	5.6	
Income Level:							
0-75% Poverty.....	391	29.0	29.5	16.8	17.2	7.5	
76-130% Poverty.....	311	19.1	22.4	24.9	23.0	10.7	
Over 130% Poverty....	168	20.7	20.2	28.0	23.3	7.7	
0-100% Poverty.....	514	27.4	28.7	17.9	19.1	7.0	
0-130% Poverty.....	702	24.6	26.4	20.4	19.7	8.9	
Race:							
White.....	613	20.6	26.2	24.4	18.7	10.2	
Black.....	235	28.3	25.9	22.6	19.7	3.5	
Other.....	88	25.6	29.3	13.5	23.9	7.8	
Region:							
Northeast.....	241	25.2	23.2	23.7	17.2	10.6	
Midwest.....	212	26.0	18.2	26.0	21.9	7.9	
South.....	335	22.5	31.2	19.4	19.6	7.3	
West.....	177	21.9	30.3	23.7	17.2	6.9	
Urbanization:							
Central Cities.....	356	29.7	21.8	21.0	16.9	10.6	
Suburban Areas.....	335	19.5	29.9	22.2	20.9	7.4	
Nonmetropolitan Areas	275	21.5	27.4	25.6	19.7	5.9	
Food Stamp Status:							
Participating.....	417	32.4	26.9	18.7	16.3	5.6	
Not Participating....	548	17.3	25.6	25.8	21.2	10.1	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 14.1.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985

Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	Individuals	Individuals Eating Away at Least Once	Food Energy	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat
	Number							
All Children.....	571	72.3	15.4	13.9	15.6	15.7	15.3	16.2
Age:								
1-3.....	347	67.1	11.9	10.2	12.0	11.8	11.7	13.1
4-5.....	224	80.3	20.8	19.6	21.1	21.8	20.9	20.9
Income Level:								
0-75% Poverty.....	230	65.7	16.3	15.3	16.2	16.2	16.1	16.9
76-130% Poverty.....	195	81.5	16.7	14.1	16.6	16.8	16.3	17.4
Over 130% Poverty....	91	82.1	15.8	14.5	17.0	17.7	16.3	17.0
0-100% Poverty.....	311	69.1	16.7	15.6	16.6	16.5	16.5	17.5
0-130% Poverty.....	426	72.9	16.5	14.8	16.4	16.5	16.2	17.1
Race:								
White.....	379	73.0	15.5	14.0	15.9	16.1	15.5	16.4
Black.....	97	72.1	15.3	13.9	15.3	15.4	14.9	16.1
Other.....	67	73.9	15.7	13.8	15.1	14.6	15.6	16.0
Region:								
Northeast.....	112	46.9	7.7	6.6	7.4	7.4	7.4	7.5
Midwest.....	111	87.0	20.4	17.4	22.5	23.7	21.8	22.1
South.....	217	76.2	18.1	17.5	17.7	17.7	17.3	18.4
West.....	131	75.0	13.3	11.1	13.1	12.6	13.2	14.8
Urbanization:								
Central Cities.....	165	66.7	13.6	11.5	14.1	14.5	14.0	13.8
Suburban Areas.....	227	71.2	14.3	12.7	14.7	14.9	14.4	15.1
Nonmetropolitan Areas	179	78.8	18.4	17.5	18.0	17.8	17.7	19.7
Food Stamp Status:								
Participating.....	267	61.9	15.1	14.2	15.0	15.1	14.9	15.8
Not Participating....	304	81.4	15.7	13.6	16.0	16.3	15.7	16.5



## Children

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Table 14.1.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Children

	:	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:	:
Urbanization, and	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12	Calcium	Phosphorus
Food Stamp Program	:	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
	-----Percent-----							
All Children.....	13.2	13.2	13.5	12.9	13.1	12.3	14.3	14.1
Age:								
1-3.....	10.2	9.2	10.4	10.0	9.8	8.7	9.8	10.2
4-5.....	17.9	19.4	18.4	17.5	18.1	17.8	21.4	20.0
Income Level:								
0-75% Poverty.....	14.0	14.7	15.0	14.3	14.2	13.7	16.2	15.5
76-130% Poverty.....	14.7	14.1	14.0	13.3	14.1	12.6	14.9	14.4
Over 130% Poverty....	12.5	12.8	13.5	13.0	12.7	12.3	14.4	14.9
0-100% Poverty.....	14.3	14.8	15.1	14.5	14.4	14.2	16.2	15.7
0-130% Poverty.....	14.3	14.4	14.5	13.8	14.1	13.2	15.6	15.0
Race:								
White.....	13.3	13.5	13.8	13.0	13.3	12.4	14.5	14.3
Black.....	13.3	13.8	13.2	13.1	13.5	13.2	15.3	14.2
Other.....	14.0	12.1	13.2	13.6	13.5	10.0	13.2	13.6
Region:								
Northeast.....	6.4	5.4	6.4	5.7	6.0	6.5	6.0	6.3
Midwest.....	16.1	16.5	15.3	14.3	14.0	15.4	18.0	17.8
South.....	16.5	17.4	17.7	17.4	18.0	15.4	18.8	18.1
West.....	11.1	10.2	11.3	10.5	10.2	9.4	10.9	10.7
Urbanization:								
Central Cities.....	10.7	11.1	10.4	9.7	10.5	10.4	12.0	11.4
Suburban Areas.....	13.1	12.4	13.0	12.1	12.0	11.3	12.9	12.9
Nonmetropolitan Areas	15.8	16.4	17.0	16.9	16.8	15.3	18.2	18.1
Food Stamp Status:								
Participating.....	13.1	13.7	13.8	13.4	12.7	13.6	14.9	14.3
Not Participating....	13.3	12.8	13.3	12.5	13.4	11.2	13.9	13.8

## Children

NOTE: See "Table Notes."

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## Women

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Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	:	:	:	:	:	:	:	:
	Cholesterol	Carbohydrate	Dietary Fiber	Vitamin A (IU)	Vitamin A (RE)	Carotenes	Vitamin E	Ascorbic Acid
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	18.4	22.1	19.1	16.8	15.9	18.4	19.9	17.9
Age:								
19-34.....	20.7	24.4	21.4	19.1	17.9	21.2	22.3	20.5
35-50.....	14.5	18.4	15.2	13.0	12.8	13.8	15.9	13.6
Income Level:								
0-75% Poverty.....	16.7	21.0	18.1	15.3	14.6	16.5	17.6	15.8
76-130% Poverty.....	20.7	24.5	22.1	20.8	19.2	23.6	23.3	22.4
Over 130% Poverty....	22.3	23.8	20.0	16.9	16.5	18.2	23.4	18.0
0-100% Poverty.....	16.9	21.0	18.1	15.9	15.1	17.3	18.2	16.8
0-130% Poverty.....	18.5	22.6	19.8	17.8	16.6	19.6	20.1	18.7
Race:								
White.....	19.7	22.5	19.7	17.8	16.7	19.9	20.9	18.8
Black.....	15.4	22.1	19.3	14.7	14.1	15.9	19.0	16.2
Other.....	20.2	23.6	17.9	18.0	18.0	17.7	18.6	17.8
Region:								
Northeast.....	16.6	21.3	18.3	14.6	14.3	15.6	19.7	16.4
Midwest.....	20.2	22.9	20.0	17.8	16.2	21.3	18.9	19.6
South.....	19.2	23.8	20.4	17.0	16.5	18.1	20.4	18.7
West.....	17.1	18.9	16.4	18.2	16.8	19.3	20.4	16.4
Urbanization:								
Central Cities.....	17.0	20.6	18.5	15.7	14.5	17.4	18.3	16.7
Suburban Areas.....	20.5	25.1	20.2	17.3	17.2	17.9	21.8	19.3
Nonmetropolitan Areas	17.4	20.4	18.5	17.6	16.2	20.3	19.6	17.7
Food Stamp Status:								
Participating.....	13.5	17.7	15.6	13.2	12.4	14.9	15.3	15.1
Not Participating....	22.1	25.4	21.7	19.5	18.7	21.1	23.4	20.0

Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

	:	:	:	:	:	:	:	:
Age, Income Level, Race, Region, Urbanization, and Food Stamp Program Status	:	:	:	:	:	:	:	:
	Thiamin	Riboflavin	Niacin	Vitamin B-6	Folic acid	Vitamin B-12	Calcium	Phosphorus
	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:
-----Percent-----								
All Women.....	18.3	18.0	19.6	18.2	17.9	19.6	18.7	19.3
Age:								
19-34.....	20.8	20.0	22.3	20.5	20.3	22.3	20.6	21.7
35-50.....	14.2	14.6	15.1	14.4	14.0	15.1	15.5	15.4
Income Level:								
0-75% Poverty.....	17.8	17.0	19.1	17.2	17.0	18.6	17.7	18.4
76-130% Poverty.....	20.3	20.1	21.7	20.2	19.6	21.1	20.5	21.4
Over 130% Poverty....	18.6	19.2	20.3	19.7	20.5	21.7	20.6	21.2
0-100% Poverty.....	17.7	17.0	19.2	17.5	17.0	18.8	17.7	18.4
0-130% Poverty.....	18.9	18.4	20.2	18.6	18.2	19.7	18.9	19.7
Race:								
White.....	18.7	18.3	19.7	18.6	18.3	20.2	18.8	19.7
Black.....	17.8	17.9	20.0	17.4	17.8	18.1	18.7	18.6
Other.....	19.8	19.2	21.9	20.1	18.5	21.7	20.6	21.6
Region:								
Northeast.....	17.7	17.0	18.6	17.1	18.1	17.5	16.7	17.7
Midwest.....	18.0	17.7	19.1	17.9	17.4	19.3	18.5	19.8
South.....	19.8	19.9	21.1	19.1	19.0	21.6	21.1	21.0
West.....	16.5	16.2	18.6	18.2	16.2	18.9	16.8	17.5
Urbanization:								
Central Cities.....	16.8	16.6	18.4	16.9	16.5	17.6	17.2	17.9
Suburban Areas.....	21.2	20.4	22.0	20.5	20.2	22.3	21.2	21.4
Nonmetropolitan Areas	16.7	16.9	18.3	17.0	16.9	18.8	17.6	18.5
Food Stamp Status:								
Participating.....	14.9	14.6	16.5	15.3	15.2	16.2	14.6	15.3
Not Participating....	20.8	20.6	21.9	20.3	20.0	22.1	21.8	22.3

Table 14.2.--Nutrient Contribution of Food Obtained and Eaten Away from Home: Mean Percentage of Nutrient Intake per Individual Over 4 Nonconsecutive Days, Low-Income Households, 1985--continued

Women

	:	:	:	:	:	:	:
Age, Income Level,	:	:	:	:	:	:	:
Race, Region,	:	:	:	:	:	:	:
Urbanization, and	:	:	:	:	:	:	:
Food Stamp Program	:	:	:	:	:	:	:
Status	:	:	:	:	:	:	:
	:	:	:	:	:	:	:
	Magnesium	Iron	Zinc	Copper	Sodium	Potassium	
-----Percent-----							
All Women.....	18.6	18.8	19.6	20.1	19.5	19.1	
Age:							
19-34.....	20.5	21.4	22.5	22.4	22.2	21.1	
35-50.....	15.4	14.6	14.7	16.4	15.2	15.8	
Income Level:							
0-75% Poverty.....	17.3	18.1	19.1	18.8	19.0	17.8	
76-130% Poverty.....	20.6	20.9	21.5	22.3	21.9	21.2	
Over 130% Poverty....	21.4	20.2	20.6	23.1	20.4	21.9	
0-100% Poverty.....	17.3	18.1	19.1	18.7	19.0	17.9	
0-130% Poverty.....	18.8	19.3	20.1	20.3	20.3	19.3	
Race:							
White.....	19.1	19.2	20.3	21.0	20.0	19.7	
Black.....	18.4	18.5	18.2	19.2	18.4	18.8	
Other.....	18.7	20.3	21.6	20.2	22.5	18.7	
Region:							
Northeast.....	17.6	18.3	17.9	20.5	18.9	17.9	
Midwest.....	18.8	18.8	20.9	20.9	19.8	19.7	
South.....	19.9	20.3	20.8	20.6	21.3	20.4	
West.....	17.1	16.8	18.0	17.6	16.8	17.4	
Urbanization:							
Central Cities.....	17.6	17.4	18.1	18.8	18.3	17.9	
Suburban Areas.....	20.4	21.5	21.4	22.7	22.1	21.2	
Nonmetropolitan Areas	17.6	17.4	19.2	18.6	18.1	18.0	
Food Stamp Status:							
Participating.....	15.0	15.5	16.5	16.5	15.9	15.8	
Not Participating....	21.3	21.4	21.9	22.8	22.3	21.5	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 15.1A.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, Low-Income Households, 1985

Age of Respondents (Years)	:	:	Physiological Status		:	Employment Status		
	:	Individuals	:	:	:	:	:	:
	:		Pregnant	Lactating	Full Time	Part Time	Not Employed	Not Reported
	:		:	:	:	:	:	:
		<u>Number</u>	<u>Percent</u>					
19-34.....		599	4.7	4.6	17.4	18.7	63.2	0.7
35-50.....		366	.0	.5	27.3	8.8	61.1	2.8
All.....		965	2.9	3.1	21.2	14.9	62.4	1.5
	:	Educational Level						
	:	:	:	:	:	:	:	:
	:	Elementary School:	Some High	:	High School	:	College	:
	:	or Less	School	:	Completed	:		Not Reported
	:	:	:	:	:	:	:	:
			<u>Percent</u>					
19-34.....		8.1	26.0		48.6		17.1	0.1
35-50.....		14.5	30.3		38.1		16.8	.3
All.....		10.5	27.6		44.6		17.0	.2

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.1B.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, 1985

Age of Respondents (Years)	Physiological Status						Employment Status							
	Individuals		Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number						Percent							
19-34.....	264	335	6.2	3.6	4.1	5.1	7.0	25.7	11.7	24.2	80.0	49.9	1.3	0.2
35-50.....	153	213	.0	.0	.6	.4	11.4	38.7	9.6	8.1	75.1	51.1	3.9	2.1
All.....	417	548	3.9	2.2	2.8	3.3	8.6	30.7	10.9	18.0	78.2	50.4	2.3	.9
	Educational Level													
	Elementary School or Less		Some High School		High School Completed		College		Not Reported					
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Percent													
19-34.....	10.8	6.0	32.9	20.5	47.1	49.8	8.8	23.7	0.3	0.0				
35-50.....	16.7	12.9	31.2	29.6	34.3	40.8	16.9	16.7	.8	.0				
All.....	13.0	8.7	32.3	24.0	42.4	46.3	11.8	21.0	.5	.0				

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.2A.--Characteristics of the Adult Female Respondents:  
Physiological Status and Race, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Race		
		White	Black	Other
	<u>Number</u>	<u>Percent</u>		
Not Pregnant or Lactating:				
19-34.....	543	66.4	21.6	9.2
35-50.....	364	57.8	31.3	7.1
All.....	907	63.0	25.5	8.3
Pregnant:				
19-50.....	28	68.1	9.4	22.5
Lactating:				
19-50.....	30	77.0	2.0	21.1
All Women.....	965	63.5	24.3	9.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.2B.--Characteristics of the Adult Female Respondents: Physiological Status and Race,  
by Food Stamp Program Status, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)			Race							
	Individuals		White		Black		Other			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
Not Pregnant or Lactating:	---Number---		-----Percent-----							
19-34.....	237	306	56.9	73.8	30.4	14.9	9.5	8.9		
35-50.....	152	212	48.4	64.6	34.8	28.8	12.0	3.5		
All.....	389	518	53.6	70.0	32.1	20.6	10.4	6.7		
Pregnant:										
19-50.....	16	12	44.3	100.0	16.4	.0	39.3	.0		
Lactating:										
19-50.....	12	18	58.9	88.9	.0	3.2	41.1	7.8		
All Women.....	417	548	53.4	71.3	30.6	19.6	12.4	6.6		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.3A.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income as a Percentage of Poverty, Low-Income Households, 1985

		Household Income as Percentage of Poverty			
Physiological Status and Age of Respondents (Years)	Individuals	0 to 75%	76 to 130%	Over 130%	Not Reported
	<u>Number</u>	<u>Percent</u>			
Not Pregnant or Lactating:					
19-34.....	543	38.0	32.1	18.9	10.9
35-50.....	364	43.7	32.8	15.8	7.7
All.....	907	40.3	32.4	17.7	9.6
Pregnant:					
19-50.....	28	52.9	25.2	12.1	9.7
Lactating:					
19-50.....	30	34.1	31.7	12.3	21.9
All Women.....	965	40.5	32.2	17.4	10.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.3B.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	Household Income as Percentage of Poverty									
	Individuals		0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:
-----Number-----Percent-----										
Not Pregnant or Lactating:										
19-34.....	237	306	63.1	18.6	18.7	42.6	3.7	30.8	14.6	8.0
35-50.....	152	212	68.9	25.6	14.0	46.3	7.7	21.7	9.4	6.4
All.....	389	518	65.4	21.5	16.8	44.1	5.2	27.1	12.6	7.4
Pregnant:										
19-50.....	16	12	77.0	20.6	15.9	37.7	.0	28.4	7.1	13.3
Lactating:										
19-50.....	12	18	61.8	15.9	19.5	39.7	.0	20.4	18.8	23.9
All Women.....	417	548	65.7	21.3	16.9	43.8	4.9	26.9	12.5	8.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.4A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Number of Children 1-18 Years					
		0	1	2	3	4	5 or More
Not Pregnant or Lactating:							
19-34.....	543	16.2	28.3	26.0	20.0	5.4	0.0
35-50.....	364	14.5	25.0	24.9	17.9	11.7	5.9
All.....	907	15.5	27.0	25.6	19.1	7.9	4.9
Pregnant:							
19-50.....	28	14.3	25.5	37.1	15.5	4.1	3.6
Lactating:							
19-50.....	30	16.0	21.5	53.5	5.0	.7	3.3
All Women.....	965	15.5	26.8	26.8	18.6	7.6	4.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 15.4B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	Number of Children 1-18 Years													
	Individuals		0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Number-----														
-----Percent-----														
Not Pregnant or Lactating:														
19-34.....	237	306	8.5	22.2	30.8	26.4	29.7	23.1	20.3	19.7	5.6	5.2	5.2	3.3
35-50.....	152	212	9.9	17.9	21.9	27.2	26.7	23.7	17.1	18.4	16.0	8.6	8.4	4.2
All.....	389	518	9.0	20.4	27.3	26.7	28.5	23.4	19.1	19.2	9.6	6.6	6.5	3.7
Pregnant:														
19-50.....	16	12	7.1	24.1	19.2	34.0	57.3	9.8	10.2	22.6	.0	9.6	6.2	.0
Lactating:														
19-50.....	12	18	37.7	1.7	11.7	27.9	27.8	70.4	12.7	.0	1.9	.0	8.2	.0
All Women.....	417	548	9.8	19.9	26.6	26.9	29.6	24.6	18.5	18.6	9.0	6.5	6.5	3.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.5A.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	Individuals	Number of Children 1-5 Years					
		0	1	2	3	4	5 or More
<u>Number</u>		<u>Percent</u>					
Not Pregnant or Lactating:							
19-34.....	543	41.0	41.6	13.2	3.4	0.9	0.0
35-50.....	364	73.6	18.2	6.7	1.5	.0	.0
All.....	907	54.1	32.2	10.6	2.6	.5	.0
Pregnant:							
19-50.....	28	24.9	36.0	30.8	8.3	.0	.0
Lactating:							
19-50.....	30	16.0	54.5	26.2	3.3	.0	.0
All Women.....	965	52.1	33.0	11.6	2.8	.5	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.5B.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1985

Physiological Status and Age of Respondents (Years)	:	:	Number of Children 1-5 Years													
	Individuals	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
	:	:	0	:	1	:	2	:	3	:	4	:	5 or More	:		
	:	:	:	:	:	:	:	:	:	:	:	:	:	:		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP		
				</												

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.6A.--Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, Low-Income Households, 1985

Age of Respondents (Years)	:	:	Self-Appraised Health Status					:	Cigarette Smoking Behavior			
	:	:	:	:	:	:	:	:	:	:	:	
	Individuals	:	:	:	:	:	:	:	:	:	:	
	:	:	Excellent	Very Good	Good	Fair	Poor	Never Smoked	Quit Smoking	Currently Smoking	Mean Number of Cigarettes Smoked per Day	
	:	:	:	:	:	:	:	:	:	:	:	
	:	:	:	:	:	:	:	:	:	:	:	
		-----Percent-----										
	Number									Number		
19-34.....	599	21.9	31.4	27.7	10.8	3.3	46.5	10.8	37.4	16		
35-50.....	366	14.8	21.9	29.2	21.0	7.4	53.8	8.2	32.2	20		
All.....	965	19.2	27.8	28.3	14.7	4.9	49.3	9.8	35.4	18		
:	:	Usual Level of Physical Activity of Job or Housework					:	Usual Level of Physical Activity During Leisure Time				
:	:	:	:	:	:	:	:	:	:	:		
:	:	:	:	:	:	:	:	:	:	:		
:	:	Heavy/Rigorous	Moderate	Light	:	None	Heavy/Rigorous	Moderate	:	Light		
:	:	:	:	:	:	:	:	:	:	:		
		-----Percent-----										
19-34.....	19.9	52.9		21.4		1.0	6.8		42.4	44.7		
35-50.....	14.8	48.4		29.5		1.6	3.6		36.9	51.6		
All.....	17.9	51.2		24.4		1.2	5.6		40.3	47.3		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.6B.-Characteristics of the Adult Female Respondents: Health Status, Smoking Behavior, and Physical Activity, by Food Stamp Program Status, Low-Income Households, 1985

Age of Respondents (Years)	Self-Appraised Health Status												Cigarette Smoking Behavior							
	Individuals		Excellent		Very Good		Good		Fair		Poor		Never Smoked		Quit Smoking		Currently Smoking		Mean Number of Cigarettes Smoked per Day	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
-----Percent-----																				
19-34.....	264	335	18.5	24.5	31.8	31.0	35.2	21.8	17.4	5.7	4.5	2.4	42.4	49.8	12.1	9.9	53.0	25.1	16	17
35-50.....	153	213	9.8	18.3	18.3	24.4	32.0	27.2	30.7	14.1	11.8	4.2	58.8	50.2	7.8	8.4	35.9	29.6	18	20
All.....	417	548	15.3	22.1	26.8	28.5	34.0	23.9	22.3	8.9	7.2	3.1	48.4	50.0	10.5	9.3	46.7	26.8	17	18
Usual Level of Physical Activity of Job or Housework												Usual Level of Physical Activity During Leisure Time								
Heavy/Rigorous		Moderate		Light		None		Heavy/Rigorous		Moderate		Light								
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	
-----Percent-----																				
19-34.....	19.7	20.0	56.7	49.8	29.1	15.2	1.9	0.3	7.2	6.6	40.9	43.6	57.5	34.6						
35-50.....	15.7	14.1	50.3	46.9	35.3	25.3	1.3	1.9	2.0	4.7	40.5	34.3	57.5	47.4						
All.....	18.2	17.7	54.4	48.7	31.4	19.2	1.7	.9	5.3	5.8	40.7	40.0	57.5	39.6						

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.7A.--Characteristics of Adult Female Respondents: Height and Weight, Low-Income Households, 1985.

Age of Respondents (Years)	Height			Weight		
	Individuals	Mean	Standard Deviation	Individuals	Mean	Standard Deviation
	<u>Number</u>	<u>-----Inches-----</u>		<u>Number</u>	<u>-----Pounds-----</u>	
19-34.....	599	63.7	2.7	592	141.9	33.1
35-50.....	364	63.8	2.8	363	159.6	41.0
All.....	962	63.7	2.7	955	148.6	37.3

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 15.7B.--Characteristics of Adult Female Respondents: Height and Weight, by Food Stamp Program Status, Low-Income Households, 1985.

Age of Respondents (Years)	Height						Weight					
	Individuals		Mean		Standard Deviation		Individuals		Mean		Standard Deviation	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	-----Number-----		-----Inches-----				-----Number-----		-----Pounds-----			
19-34.....	264	335	63.5	63.9	2.6	2.7	264	335	142.8	141.2	34.9	31.6
35-50.....	153	213	63.6	63.8	2.9	2.7	153	213	163.9	156.5	47.3	35.5
All.....	417	548	63.5	63.9	2.7	2.7	417	548	150.5	147.2	41.1	34.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 16A.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, Low-Income Households, 1985

Age of Children (Years)	Individuals	Age of Mother/ Caretaker (Years)			Employment Status			
		19-22	23-34	35-50	Full Time	Part Time	Not Employed	Not Reported
<u>Number</u>		<u>Percent</u>						
1-3.....	350	16.1	69.1	14.8	6.0	15.5	77.4	1.1
4-5.....	224	8.8	67.3	23.8	17.1	17.9	63.5	1.5
All....	574	13.2	68.4	18.3	10.3	16.4	72.0	1.2
Educational Level								
Elementary School or Less		Some High School	High School Completed	College	Not Reported			
<u>Percent</u>								
1-3.....	11.3	26.7	41.7	20.1	0.2			
4-5.....	7.9	30.7	48.4	13.1	.0			
All....	10.0	28.3	44.3	17.4	.1			

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 16B.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, by Food Stamp Program Status, Low-Income Households, 1985

Age of Children (Years)	Age of Mother/Caretaker (Years)								Employment Status							
	Individuals															
	19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Number---

---Percent---

1-3.....	164	186	16.6	15.5	66.7	71.3	16.7	13.2	1.0	10.4	13.6	17.2	83.1	72.4	2.3	0.0
4-5.....	102	122	14.4	4.2	57.1	75.9	28.5	19.9	8.4	24.4	7.8	26.4	82.6	47.5	1.2	1.7
All.....	267	307	15.8	11.0	63.0	73.1	21.2	15.8	3.8	15.9	11.4	20.8	82.9	62.6	1.9	.7

Educational Level															
Elementary School or Less				Some High School				High School Completed				College		Not Reported	
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP

---Percent---

1-3.....	16.5	6.8	30.7	23.2	43.4	40.2	9.0	29.9	0.3	0.0
4-5.....	9.2	6.7	50.0	14.3	31.9	62.3	8.8	16.6	.0	.0
All.....	13.7	6.7	38.2	19.7	39.0	48.9	9.0	24.7	.2	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Age of	:	:	Age of Male Head (Years)								
Individuals	:	:									
(Years)	:	:									
	:	:	Under 23	:	23-34	:	35-50	:	51 and Over	:	No Male Head
	:	:		:		:		:		:	

Employment Status of Male Head					
Full Time	Part Time	Not Employed	Not Reported	No Male Head	
1	2	3	4	5	
6	7	8	9	10	
11	12	13	14	15	
16	17	18	19	20	
21	22	23	24	25	
26	27	28	29	30	
31	32	33	34	35	
36	37	38	39	40	
41	42	43	44	45	
46	47	48	49	50	
51	52	53	54	55	
56	57	58	59	60	
61	62	63	64	65	
66	67	68	69	70	
71	72	73	74	75	
76	77	78	79	80	
81	82	83	84	85	
86	87	88	89	90	
91	92	93	94	95	
96	97	98	99	100	

NOTE: See "Table Notes."  
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 17.1B.--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	Age of Male Head (Years)											
	Individuals											
	Under 23			23-34			35-50			51 and Over		
	FSP	NFSP		FSP	NFSP		FSP	NFSP		FSP	NFSP	

-----Number-----Percent-----

Children:

1-3.....	164	186	2.0	3.5	20.4	63.6	6.2	22.3	5.1	0.5	66.1	10.2
4-5.....	102	122	2.3	.0	26.1	40.5	20.8	47.7	.0	2.0	50.8	9.9
All.....	267	307	2.1	2.1	22.6	54.5	11.8	32.3	3.2	1.0	60.2	10.1

Women:

19-34.....	264	335	2.5	4.5	15.5	46.3	9.8	20.6	4.6	4.3	67.5	24.0
35-50.....	153	213	.0	.0	5.9	2.9	23.2	46.8	7.1	10.5	63.9	38.3
All.....	417	548	1.6	2.8	12.0	29.4	14.7	30.8	5.5	6.7	66.2	29.5

Employment Status of Male Head											
Full Time			Part Time			Not Employed			Not Reported		
FSP	NFSP		FSP	NFSP		FSP	NFSP		FSP	NFSP	

-----Percent-----

Children:

1-3.....	17.8	68.4	2.8	9.8	13.3	10.9	0.0	0.7	66.1	10.2
4-5.....	37.7	71.7	1.4	7.2	10.1	10.4	.0	.8	50.8	9.9
All.....	25.4	69.7	2.3	8.8	12.1	10.7	.0	.7	60.2	10.1

Women:

19-34.....	16.7	50.5	2.1	8.1	12.7	16.5	1.0	.9	67.5	24.0
35-50.....	9.2	35.1	8.1	3.6	18.9	21.0	.0	2.0	63.9	38.3
All.....	14.0	44.5	4.3	6.4	15.0	18.2	.6	1.3	66.2	29.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 17.2A.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, Low-Income Households, 1985

Age of Individuals (Years)	Individuals	Educational Level of Male Head					
		Elementary	Some High	High School		Not	No Male
		School	School	Completed	College	Reported	Head
		or Less					
<u>Number</u>		<u>Percent</u>					
Children:							
1-3.....	350	8.2	19.7	18.6	16.9	0.2	36.4
4-5.....	224	6.1	17.1	26.5	21.3	.4	28.6
All.....	574	7.4	18.7	21.7	18.6	.3	33.4
Women:							
19-34.....	599	6.3	13.8	23.2	13.2	.3	43.2
35-50.....	366	16.0	9.8	14.7	9.9	.6	49.0
All.....	965	9.9	12.3	20.0	12.0	.4	45.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 17.2B.--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	Educational Level of Male Head													
	Individuals		Elementary School or Less		Some High School		High School Completed		College		Not Reported		No Male Head	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----														
Children:														
1-3.....	164	186	8.8	7.6	6.5	31.3	13.9	22.7	4.7	27.7	0.0	0.5	66.1	10.2
4-5.....	102	122	3.2	8.5	21.8	13.2	16.5	34.9	7.6	32.8	.0	.8	50.8	9.9
All.....	267	307	6.7	7.9	12.4	24.1	14.9	27.5	5.8	29.7	.0	.6	60.2	10.1
Women:														
19-34.....	264	335	6.6	6.0	9.8	17.0	14.2	30.3	1.9	22.2	.0	.6	67.5	24.0
35-50.....	153	213	12.9	18.1	6.9	11.9	6.3	20.8	10.0	9.8	.0	1.1	63.9	38.3
All.....	417	548	8.9	10.7	8.8	15.0	11.3	26.6	4.8	17.4	.0	.8	66.2	29.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.1A.--Distribution of Individuals by Urbanization and by Region, Low-Income Households, 1985

	:	:	Urbanization		
Age of	:	:			
Individuals	:	Individuals			
(Years)	:	:	:	:	:
	:	:	Central Cities	Suburban Areas	Nonmetropolitan Areas
	:	:	:	:	:
	<u>Number</u>		<u>Percent</u>		
Children:					
1-3.....	350	24.5	44.6	30.8	
4-5.....	224	35.4	32.4	32.2	
All.....	574	28.8	39.9	31.4	
Women:					
19-34.....	599	38.1	33.8	28.1	
35-50.....	366	34.8	36.1	29.1	
All.....	965	36.9	34.7	28.5	
	:	Region			
	:				
	:	Northeast	Midwest	South	West
	:	:	:	:	:
	<u>Percent</u>				
Children:					
1-3.....	23.5	19.6	35.5	21.5	
4-5.....	14.2	19.1	41.5	25.2	
All.....	19.8	19.4	37.8	23.0	
Women:					
19-34.....	21.7	22.1	35.2	20.9	
35-50.....	30.1	21.7	34.0	14.2	
All.....	24.9	22.0	34.7	18.4	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 18.1B.--Distribution of Individuals by Urbanization and by Region, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	Individuals		Urbanization					
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number---			-----Percent-----					
Children:								
1-3.....	164	186	34.3	15.9	40.7	48.1	25.0	35.9
4-5.....	102	122	39.0	32.3	23.9	39.7	37.2	28.0
All.....	267	307	36.1	22.4	34.2	44.8	29.7	32.8
Women:								
19-34.....	264	335	44.4	33.2	29.1	37.5	26.6	29.3
35-50.....	153	213	40.9	30.5	30.9	39.8	28.2	29.7
All.....	417	548	43.1	32.2	29.7	38.4	27.2	29.4
Region								
Northeast			Midwest		South		West	
FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Percent-----								
Children:								
1-3.....	30.1	17.6	14.3	24.2	27.0	43.0	28.6	15.2
4-5.....	20.8	8.6	13.2	24.1	35.4	46.5	30.5	20.8
All.....	26.5	14.1	13.9	24.1	30.2	44.4	29.4	17.4
Women:								
19-34.....	27.4	17.2	26.0	19.0	26.9	41.8	19.7	21.9
35-50.....	29.8	30.4	25.9	18.7	25.1	40.3	19.2	10.6
All.....	28.3	22.3	26.0	18.9	26.2	41.2	19.5	17.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.2A.--Distribution of Individuals by Urbanization and Race, Low-Income Households, 1985

Age of Individuals (Years)	All Urbanizations				Central Cities			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	350	66.7	19.8	9.2	86	40.3	41.6	13.1
4-5.....	224	65.7	12.3	15.7	79	57.6	23.5	12.5
All.....	574	66.3	16.9	11.8	165	48.6	32.9	12.8
Women:								
19-34.....	599	67.1	20.1	10.2	229	54.3	35.0	8.1
35-50.....	366	57.8	31.2	7.3	128	34.9	53.1	10.5
All.....	965	63.5	24.3	9.1	356	47.4	41.5	9.0
	Suburban Areas				Nonmetropolitan Areas			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	156	71.6	15.7	7.1	108	80.6	8.3	9.1
4-5.....	73	64.9	8.5	17.5	72	75.5	3.9	17.6
All.....	229	69.5	13.4	10.4	180	78.5	6.6	12.5
Women:								
19-34.....	202	72.4	11.5	13.2	168	78.0	10.4	9.5
35-50.....	132	69.6	17.9	5.6	106	70.4	21.3	5.5
All.....	335	71.3	14.1	10.2	275	75.1	14.6	8.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.2B.--Distribution of Individuals by Urbanization and Race, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	164	186	50.5	81.0	30.5	10.3	13.0	5.8	56	30	30.1	59.7	51.7	22.4	14.6	10.4
4-5.....	102	122	56.8	73.2	19.4	6.4	18.7	13.2	40	39	39.2	76.3	35.4	11.4	22.4	2.4
All.....	267	307	52.9	77.9	26.2	8.7	15.2	8.7	96	69	33.9	69.2	44.9	16.1	17.8	5.9
Women:																
19-34.....	264	335	56.5	75.5	28.3	13.7	12.4	8.6	117	111	41.9	67.5	43.6	25.8	12.3	3.8
35-50.....	153	213	48.1	64.7	34.6	28.7	12.5	3.5	63	65	30.0	39.6	54.2	52.1	13.4	7.8
All.....	417	548	53.4	71.3	30.6	19.6	12.4	6.6	180	176	37.8	57.2	47.3	35.5	12.7	5.2
	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	67	90	58.1	81.8	22.7	10.5	8.2	6.3	41	67	66.1	89.5	14.3	4.6	18.7	3.1
4-5.....	24	48	62.0	66.3	12.0	6.8	11.4	20.6	38	34	71.9	79.5	7.5	.0	19.6	15.3
All.....	91	138	59.2	76.3	19.8	9.2	9.1	11.3	79	101	68.8	86.1	11.0	3.1	19.2	7.2
Women:																
19-34.....	77	126	63.8	77.6	17.7	7.8	13.5	13.0	70	98	72.7	81.8	14.1	7.7	11.2	8.3
35-50.....	47	85	64.3	72.6	13.5	20.4	12.7	1.6	43	63	56.4	80.0	29.4	15.8	11.1	1.7
All.....	124	211	64.0	75.6	16.1	12.9	13.2	8.4	113	161	66.5	81.1	19.9	10.9	11.2	5.7

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.3A.--Distribution of Individuals by Region and Race, Low-Income Households, 1985

Age of Individuals (Years)	Northeast				Midwest			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	82	71.3	16.0	10.8	68	88.2	11.8	0.0
4-5.....	32	74.3	10.7	9.9	43	94.6	5.4	.0
All.....	114	72.1	14.6	10.5	111	90.7	9.3	.0
Women:								
19-34.....	130	72.0	17.6	7.9	133	85.1	13.7	1.2
35-50.....	110	62.0	22.7	12.4	79	71.4	28.6	.0
All.....	241	67.4	20.0	10.0	212	79.9	19.3	.8
	South				West			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	124	63.0	27.3	8.6	75	48.4	18.7	16.9
4-5.....	93	64.1	17.7	16.6	57	41.6	9.6	29.6
All.....	217	63.4	23.2	12.0	132	45.5	14.8	22.3
Women:								
19-34.....	211	56.8	30.9	11.2	126	60.3	11.5	20.5
35-50.....	124	48.6	45.9	3.9	52	49.6	18.0	15.7
All.....	335	53.8	36.4	8.5	177	57.2	13.4	19.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.3B.--Distribution of Individuals by Region and Race, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	Northeast								Midwest							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	49	33	69.1	74.5	14.2	18.8	13.5	6.7	24	45	65.7	100.0	34.3	0.0	0.0	0.0
4-5.....	21	10	68.8	85.5	10.7	10.9	14.7	.0	14	29	82.8	100.0	17.2	.0	.0	.0
All.....	71	43	69.0	77.2	13.1	16.9	13.8	5.1	37	74	72.0	100.0	28.0	.0	.0	.0
Women:																
19-34.....	72	58	62.4	84.2	21.3	13.1	13.3	1.1	69	64	73.9	97.0	23.7	3.0	2.4	.0
35-50.....	46	65	54.8	67.1	20.8	24.0	18.9	7.8	40	40	56.7	86.0	43.3	14.0	.0	.0
All.....	118	122	59.4	75.2	21.1	18.9	15.5	4.7	108	104	67.6	92.8	30.9	7.2	1.5	.0
	South								West							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	44	80	40.9	75.2	47.2	16.2	9.7	7.9	47	28	32.4	74.9	30.0	0.0	22.2	8.0
4-5.....	36	57	58.7	67.5	31.2	9.1	7.4	22.5	31	25	35.1	49.7	12.7	5.7	42.7	13.2
All.....	81	136	48.9	72.0	40.0	13.3	8.7	14.0	78	54	33.5	63.1	23.1	2.7	30.4	10.5
Women:																
19-34.....	71	140	41.1	64.7	50.8	20.7	4.8	14.5	52	73	46.2	70.3	13.2	10.2	34.7	10.5
35-50.....	38	86	37.5	53.6	54.6	42.0	7.9	2.1	29	23	39.7	62.6	18.2	17.7	25.7	2.6
All.....	109	226	39.8	60.5	52.1	28.8	5.9	9.8	81	96	43.8	68.5	15.0	12.0	31.4	8.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.4A.--Distribution of Individuals by Household Income as a Percentage of Poverty and Race, Low-Income Households, 1985

Age of Individuals (Years)	0 to 75% Poverty				76 to 130% Poverty			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	128	53.4	25.5	13.5	117	70.5	17.5	7.5
4-5.....	102	52.5	18.5	21.3	78	82.2	4.1	9.7
All.....	230	53.0	22.4	17.0	195	75.1	12.2	8.4
Women:								
19-34.....	232	55.2	27.0	14.1	191	73.5	16.9	7.4
35-50.....	159	43.0	41.7	9.3	120	66.8	26.7	5.5
All.....	391	50.2	33.0	12.1	311	71.0	20.7	6.7
	Over 130% Poverty				Not Reported			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	64	95.5	3.1	1.5	41	52.9	34.4	12.7
4-5.....	31	85.4	6.2	.0	13	24.9	27.5	44.7
All.....	95	92.2	4.1	1.0	54	45.9	32.7	20.7
Women:								
19-34.....	109	87.7	9.7	.7	67	56.2	22.6	20.6
35-50.....	59	70.9	21.0	4.0	29	75.0	12.2	10.1
All.....	168	81.8	13.7	1.8	96	61.9	19.5	17.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.4B.--Distribution of Individuals by Household Income as a Percentage of Poverty and Race, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	0 to 75% Poverty								76 to 130% Poverty							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
<div> <div> <div>---Number---</div> <div>-----Percent-----</div> </div> <div> <div>---Number---</div> <div>-----Percent-----</div> </div> </div>																
Children:																
1-3.....	105	24	47.2	81.2	27.9	14.8	16.1	2.0	29	89	54.0	75.8	39.2	10.5	5.0	8.3
4-5.....	73	29	58.7	37.0	19.5	15.9	16.2	34.1	18	60	62.6	88.1	8.6	2.8	24.9	5.1
All.....	178	53	51.9	56.7	24.5	15.4	16.1	19.7	47	148	57.3	80.8	27.4	7.4	12.7	7.0
Women:																
19-34.....	169	62	53.6	59.4	30.3	18.2	12.0	19.7	49	142	70.3	74.7	18.5	16.3	10.3	6.3
35-50.....	105	54	40.7	47.2	41.3	42.5	12.6	2.9	21	98	48.7	70.8	36.7	24.5	11.1	4.3
All.....	274	117	48.7	53.8	34.5	29.5	12.2	11.9	70	240	63.8	73.1	24.0	19.7	10.6	5.5
	Over 130% Poverty								Not Reported							
	Individuals				White				Black				Other			
	FSP		NFSP		FSP		NFSP		FSP		NFSP		FSP		NFSP	
<div> <div> <div>---Number---</div> <div>-----Percent-----</div> </div> <div> <div>---Number---</div> <div>-----Percent-----</div> </div> </div>																
Children:																
1-3.....	1	62	66.0	96.1	34.0	2.4	0.0	1.5	29	11	58.4	38.5	31.1	43.0	10.5	18.5
4-5.....	3	28	85.8	85.4	14.2	5.3	.0	.0	8	5	15.4	40.2	44.7	.0	35.2	59.8
All.....	5	90	80.0	92.8	20.0	3.2	.0	1.0	38	17	49.0	39.0	34.1	29.5	15.9	31.4
Women:																
19-34.....	9	100	60.4	90.1	39.6	7.1	.0	.7	37	30	50.0	63.8	29.4	14.2	19.5	22.0
35-50.....	12	47	63.2	72.8	15.5	22.4	12.7	1.8	15	14	85.8	62.9	.0	25.9	14.2	5.6
All.....	20	147	62.0	84.6	25.8	12.0	7.3	1.1	52	44	60.5	63.5	20.9	17.8	18.0	16.9

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 18.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, 1985

Age of Individuals (Years)	Number of Household Members							
	1				2			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	0	0.0	0.0	0.0	17	81.1	15.5	3.3
4-5.....	0	.0	.0	.0	15	77.0	5.9	14.7
All.....	0	.0	.0	.0	32	79.1	10.9	8.8
Women:								
19-34.....	23	95.6	2.0	.9	88	75.6	17.1	6.9
35-50.....	12	75.5	18.4	.0	50	62.7	34.4	1.4
All.....	36	88.6	7.7	.6	137	70.9	23.4	4.9
	Number of Household Members							
	3				4			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	56	74.7	17.6	4.6	118	60.5	27.9	5.3
4-5.....	18	54.3	19.7	23.8	58	72.7	15.4	5.0
All.....	74	69.8	18.1	9.3	175	64.5	23.8	5.2
Women:								
19-34.....	127	69.6	20.5	7.5	172	67.0	25.1	4.5
35-50.....	70	60.4	34.4	3.8	79	59.5	21.8	14.0
All.....	197	66.3	25.4	6.2	252	64.7	24.1	7.5

Table 18.5A.--Distribution of Individuals by Household Size and Race, Low-Income Households, 1985--continued

Age of Individuals (Years)	Number of Household Members							
	5				More Than 5			
	Individuals	White	Black	Other	Individuals	White	Black	Other
	Number	Percent	Percent	Percent	Number	Percent	Percent	Percent
Children:								
1-3.....	90	69.0	10.6	16.4	69	64.3	20.6	11.6
4-5.....	73	56.0	12.5	25.1	60	71.3	8.6	12.6
All.....	163	63.2	11.5	20.3	129	67.5	15.0	12.1
Women:								
19-34.....	115	61.0	14.1	22.2	74	53.2	26.6	16.7
35-50.....	82	60.8	33.9	2.4	72	43.4	35.2	14.2
All.....	197	61.0	22.4	13.9	146	48.3	30.8	15.5

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 18.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, 1985

Age of Individuals (Years)	Number of Household Members															
	1								2							
	Individuals				White				Black				Other			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
---Number--- -----Percent-----																
Children:																
1-3.....	0	0	0.0	0.0	0.0	0.0	0.0	0.0	13	4	74.9	100.0	20.6	0.0	4.4	0.0
4-5.....	0	0	.0	.0	.0	.0	.0	.0	14	2	87.1	.0	6.7	.0	6.3	78.8
All.....	0	0	.0	.0	.0	.0	.0	.0	26	6	81.2	69.9	13.4	.0	5.4	23.7
Women:																
19-34.....	7	17	87.8	98.7	6.8	.0	.0	1.3	49	39	67.5	85.7	20.9	12.4	10.9	2.0
35-50.....	4	9	44.3	89.0	35.5	11.0	.0	.0	22	28	63.4	62.1	33.4	35.3	3.2	.0
All.....	10	25	72.2	95.4	17.1	3.8	.0	.9	71	67	66.2	75.9	24.8	21.9	8.5	1.1
	Number of Household Members															
	3								4							
	Individuals				White				Black				Other			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:	:
---Number--- -----Percent-----																
Children:																
1-3.....	33	24	65.4	87.6	25.1	7.2	8.0	0.0	58	59	37.3	83.4	41.0	15.0	9.1	1.6
4-5.....	11	7	56.5	51.0	32.6	.0	10.9	43.5	27	30	50.5	92.8	24.6	7.2	10.5	.0
All.....	44	31	63.2	79.1	27.0	5.5	8.7	10.1	86	89	41.5	86.6	35.8	12.4	9.5	1.1
Women:																
19-34.....	70	57	65.6	74.5	24.9	15.1	7.7	7.3	76	96	49.8	80.7	36.1	16.4	7.7	2.0
35-50.....	23	47	35.9	72.4	56.2	23.8	3.6	3.8	36	43	63.0	56.5	13.2	29.1	16.6	11.8
All.....	93	104	58.2	73.5	32.6	19.0	6.7	5.7	112	139	54.0	73.2	28.7	20.3	10.6	5.0

Table 18.5B.--Distribution of Individuals by Household Size and Race, by Food Stamp Program Status, Low-Income Households, 1985  
--continued

Age of Individuals (Years)	Number of Household Members															
	5								More Than 5							
	Individuals				White				Black				Other			
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Children:																
1-3.....	25	65	62.4	71.6	13.4	9.5	24.2	13.3	35	34	41.0	88.1	34.0	6.9	19.4	3.6
4-5.....	18	55	31.5	64.1	26.1	8.1	42.4	19.4	32	28	63.5	80.4	12.4	4.1	20.3	3.4
All.....	44	120	49.6	68.2	18.7	8.9	31.8	16.1	67	62	51.9	84.6	23.6	5.7	19.8	3.6
Women:																
19-34.....	28	86	41.4	67.5	24.7	10.7	33.9	18.3	34	40	43.5	61.6	35.3	19.0	19.0	14.8
35-50.....	27	55	62.1	60.2	27.1	37.2	7.2	.0	41	31	24.5	68.0	47.0	19.7	23.7	1.9
All.....	56	142	51.5	64.7	25.9	21.0	20.9	11.2	75	71	33.2	64.5	41.7	19.3	21.5	9.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 19A.--Household Size and Household Income as a Percentage of Poverty, Low-Income Households, 1985

Number of Household Members	Households	Mean Income	Median Income	Household Income as Percentage of Poverty			
				0 to 75%	76 to 130%	Over 130%	Not Reported
1.....	36	8,548	6,300	18.7	33.9	30.9	16.5
2.....	131	5,661	5,300	45.5	29.1	10.0	10.3
3.....	187	8,571	8,086	35.3	31.1	20.3	7.8
4.....	235	10,286	9,100	40.3	26.8	21.8	8.5
5.....	168	13,819	12,000	28.6	34.8	18.7	12.1
More Than 5.....	120	12,261	12,000	41.8	32.3	8.3	9.4
All Households..	876	10,074	8,400	37.1	30.6	17.6	9.8

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 19B.--Household Size and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1985

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty								
							0 to 75%		76 to 130%		Over 130%		Not Reported		
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	
-----Number-----		-----Dollars-----						-----Percent-----							
1.....	10	25	4,089	10,945	4,000	9,000	36.4	11.4	61.6	22.5	2.0	42.8	0.0	23.3	
2.....	69	62	4,198	7,493	4,470	7,876	66.2	22.3	21.9	37.1	.9	20.2	9.4	11.4	
3.....	88	98	4,700	11,758	4,500	11,000	66.5	7.3	14.1	46.3	2.2	36.5	10.0	5.9	
4.....	106	129	7,414	12,686	6,000	12,000	64.6	20.4	15.1	36.3	10.2	31.4	7.0	9.7	
5.....	49	119	7,158	16,395	6,350	13,593	56.2	17.2	18.1	41.7	4.1	24.7	13.7	11.5	
More Than 5.....	54	67	7,898	15,273	7,000	15,000	66.1	22.3	8.3	51.7	1.2	14.0	11.8	7.5	
All Households..	376	500	6,094	13,033	5,470	12,000	63.6	17.1	16.8	41.0	4.3	27.7	9.5	10.0	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.1A.--Household Composition and Race, Low-Income Households, 1985

Household Composition	:	:	Race		
	:	:			
	Households	:			
	:	:	:	:	:
	:	:	White	Black	Other
	:	:	:	:	:
<hr/>					
	<u>Number</u>		<u>Percent</u>		
<hr/>					
Male Head and Female Head:					
Children.....	448	73.1	15.5	11.3	
No Children.....	49	73.2	21.9	4.9	
Female Head Only:					
Children.....	319	54.7	33.4	11.9	
No Children.....	59	75.6	20.4	4.0	
All Households.....	876	66.6	22.7	10.7	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Table 20.1B.--Household Composition and Race, by Food Stamp Program Status, Low-Income Households, 1985

Household Composition	Households		Race					
			White		Black		Other	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:

---Number---

-----Percent-----

Male Head and Female Head:

Children.....	120	328	64.4	76.4	19.3	14.2	16.4	9.5
No Children.....	7	42	61.8	75.1	21.9	21.9	16.4	3.0

Female Head Only:

Children.....	231	88	51.9	61.7	33.7	32.8	14.4	5.4
No Children.....	18	41	44.7	89.2	43.5	10.2	11.8	.5

All Households.....	376	500	55.7	74.7	29.3	17.8	14.9	7.5
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NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.2A.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, Low-Income Households, 1985

Household Composition	:	:	Number of Children 1 to 18 Years						
	:	:							
	:	Households	:	:	:	:	:	:	:
	:	:	0	1	2	3	4	5 or More	
	:	:	:	:	:	:	:	:	
Number		Percent							
Male Head and Female Head...	498	12.7	24.2	30.5	18.8	8.2	5.6		
Female Head Only.....	378	19.0	29.0	23.7	18.5	6.6	3.2		
All Households.....	876	15.4	26.3	27.5	18.6	7.5	4.6		

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.2B.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1985

Household Composition	Households		Number of Children 1 to 18 Years											
			0		1		2		3		4		5 or More	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----														
Male Head and Female Head...	127	371	7.1	14.6	25.6	23.7	33.1	29.6	17.2	19.3	9.0	7.9	8.0	4.8
Female Head Only.....	249	129	11.3	33.8	27.9	31.2	27.1	17.1	20.4	14.7	8.4	3.2	4.8	.0
All Households.....	376	500	9.9	19.6	27.1	25.7	29.2	26.3	19.3	18.1	8.6	6.7	5.9	3.6

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.3A.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, Low-Income Households, 1985

Household Composition	Households	Number of Children 1 to 5 Years					
		0	1	2	3	4	5 or More
	Number	Percent					
Male Head and Female Head...	498	47.7	37.5	10.9	3.2	0.6	0.0
Female Head Only.....	378	58.2	29.3	10.4	1.9	.2	.0
All Households.....	876	52.2	34.0	10.7	2.7	.4	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.3B.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, by Food Stamp Program Status, Low-Income Households, 1985

Household Composition	:	:	Number of Children 1 to 5 Years											
	:	Households												
	:		0	1	2	3	4	5 or More						
	:													
	:													
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	:	:	:	:	:	:	:	:	:	:	:	:	:	:
	---Number---		-----Percent-----											
Male Head and Female Head...	127	371	42.9	49.3	35.8	38.1	17.9	8.6	2.9	3.4	0.5	0.6	0.0	0.0
Female Head Only.....	249	129	47.5	78.7	38.5	11.5	10.7	9.8	2.9	.0	.3	.0	.0	.0
All Households.....	376	500	46.0	56.9	37.6	31.2	13.2	8.9	2.9	2.5	.4	.5	.0	.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.4A.--Household Composition and Household Income as a Percentage of Poverty, Low-Income Households, 1985

Household Composition	:	:	Household Income as Percentage of Poverty			
	:	:				
	Households	:				
	:	:	:	:	:	:
	:	:	0 to 75%	76 to 130%	Over 130%	Not Reported
	:	:	:	:	:	:
<hr/>						
	<u>Number</u>	<u>Percent</u>				
Male Head and Female Head:						
Children.....	448	21.9	37.3	25.6	10.0	
No Children.....	49	37.2	21.4	26.1	10.4	
Female Head Only:						
Children.....	319	62.0	20.5	3.5	8.6	
No Children.....	59	17.2	42.3	26.9	13.6	
All Households.....	876	37.1	30.6	17.6	9.8	

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 20.4B.--Household Composition and Household Income as a Percentage of Poverty, by Food Stamp Program Status, Low-Income Households, 1985

Household Composition	Household Income as Percentage of Poverty									
	Households									
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----										
Male Head and Female Head:										
Children.....	120	328	48.9	12.1	19.4	43.9	10.6	31.0	11.0	9.7
No Children.....	7	42	71.8	31.4	9.7	23.3	.0	30.5	18.5	9.1
Female Head Only:										
Children.....	231	88	73.1	33.0	13.4	39.2	.3	11.9	9.2	7.1
No Children.....	18	41	37.8	8.1	46.9	40.2	15.3	32.0	.0	19.6
All Households.....	376	500	63.6	17.1	16.8	41.0	4.3	27.7	9.5	10.0

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 21A.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,  
Low-Income Households, 1985

Characteristics of Male Head	Households	Household Income as Percentage of Poverty			
		0 to 75%	76 to 130%	Over 130%	Not Reported
	Number	Percent			
Age (Years):					
Under 23.....	22	24.6	28.7	31.5	9.7
23-34.....	205	18.5	32.7	35.8	10.5
35-50.....	218	26.1	39.5	18.6	9.1
51 and Over.....	49	32.9	32.1	14.2	11.8
Not Reported.....	4	7.9	71.4	.0	20.7
Employment Status:					
Full Time.....	290	19.6	41.1	25.0	9.9
Part Time.....	49	16.5	29.7	36.6	9.4
Not Employed.....	150	33.3	29.0	22.9	10.3
Not Reported.....	9	23.7	10.2	33.2	15.6
Education Level:					
Elementary School or Less...	82	30.4	37.0	7.6	17.4
Some High School.....	115	26.4	28.2	26.4	11.0
High School Completed.....	185	20.7	44.7	21.7	10.4
College.....	111	20.6	28.8	44.0	1.9
Not Reported.....	4	.0	6.6	51.1	42.3
No Male Head.....	378	55.0	23.9	7.1	9.4

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Table 21B.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty,  
by Food Stamp Program Status, Low-Income Households, 1985

Characteristics of Male Head	Household Income as Percentage of Poverty									
	Households									
			0 to 75%		76 to 130%		Over 130%		Not Reported	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----Percent-----										
Age (Years):										
Under 23.....	7	15	52.3	12.5	31.0	27.7	0.0	45.2	11.1	9.0
23-34.....	45	160	45.5	10.9	29.7	33.6	5.5	44.2	17.6	8.5
35-50.....	59	159	53.1	16.1	12.7	49.5	17.4	19.0	4.5	10.8
51 and Over.....	16	33	51.0	23.9	7.3	44.4	.0	21.3	19.7	7.9
Not Reported.....	1	3	100.0	.0	.0	77.5	.0	.0	.0	22.5
Employment Status:										
Full Time.....	55	235	58.5	10.4	22.7	45.4	2.1	30.3	8.0	10.3
Part Time.....	16	33	25.8	12.0	10.7	38.8	46.8	31.8	14.4	7.1
Not Employed.....	53	96	48.3	24.9	18.3	34.9	6.0	32.3	14.5	7.9
Not Reported.....	3	7	61.5	9.0	.0	14.1	38.5	31.1	.0	21.7
Education Level:										
Elementary School or Less...	29	54	43.8	23.4	6.9	52.9	3.5	9.7	31.6	9.9
Some High School.....	35	80	56.0	13.3	16.0	33.6	3.4	36.6	10.0	11.5
High School Completed.....	44	141	56.6	9.4	29.4	49.4	7.2	26.2	2.6	12.8
College.....	19	92	34.0	17.8	17.7	31.1	38.9	45.0	4.1	1.4
Not Reported.....	0	4	.0	.0	.0	6.6	.0	51.1	.0	42.3
No Male Head.....	249	129	70.5	25.1	15.8	39.5	1.4	18.3	8.5	11.1

NOTE: See "Table Notes."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



## Table Notes

### General Notes

- (1) The numbers of individuals and the results presented in the tables are weighted. See appendix A for an explanation of weighting procedures.
- (2) FSP and NFSP designate participants and non-participants, respectively, in the Food Stamp Program.
- (3) The numbers of individuals in the specified age groups may not sum to the number in the ALL row because of rounding of fractional weighting factors.
- (4) The number of individuals in some age groups is small; thus, the results for these groups should be interpreted with caution.
- (5) The procedures used to calculate the data in the tables are explained in appendix B.
- (6) Individuals are classified into age, income, and Food Stamp Program status categories based on their wave 1 responses.
- (7) \*--Value less than 0.5 but more than 0.

### Tables 1.1-1A to 1.6-2B—Food Intakes

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

Per individual per day--Based on four nonconsecutive 1-day dietary recalls collected over a 1-year period. See appendix B for a discussion of how the data were calculated.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup at least once during the 4 surveyed days.

Total food--See glossary.

Food obtained and eaten away from home--See glossary.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

### MEAT, POULTRY, FISH (TABLES 1.1-1A TO 1.1-2B)

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total, but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters. Excludes beef reported as part of a mixture.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and

fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats. Excludes pork reported as part of a mixture.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats. Excludes lamb, veal, or game reported as part of a mixture.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes items reported as part of a mixture.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets. Excludes poultry reported as part of a mixture.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid, and turtle. Excludes fish and shellfish reported as part of a mixture.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken

cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich). The gram amounts in this category include ingredients other than meat, poultry, and fish. For example, the noodles in tuna-noodle casserole are included here but not in the grain products category.

#### MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS (TABLES 1.2-1A TO 1.2-2B)

Calcium equivalent--Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents. Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts;

peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

#### VEGETABLES (TABLES 1.3-1A TO 1.3-2B)

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables such as carrots,



pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

#### FRUITS (TABLES 1.4-1A TO 1.4-2B)

Total fruits--Includes citrus fruits and juices; dried fruits; and other fruits, mixtures that are mainly fruits, and fruit juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades which are tabulated under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices and baby-food juices other than citrus. Excludes noncitrus fruit drinks and ades, which are tabulated under beverages.

#### GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS (TABLES 1.5-1A TO 1.5-2B)

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures

having a grain product as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats, cooking fats such as bacon drippings, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

#### BEVERAGES (TABLES 1.6-1A TO 1.6-2B)

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes "near beer."



Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and "near beer."

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, and/or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated soft drinks containing fruit juice; and "near beer" and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes "near beer" and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

#### Tables 2.1A to 2.2C—Nutrient Contributions by 15 Food Groups

Mean percentage per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

Meat, poultry, fish--Includes beef; pork; lamb; veal; game; organ meats; frankfurters; sausages; luncheon meats; poultry; fish; shellfish; unflavored gelatins; meat gravies; mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

Milk and milk products--Includes all types of fluid, canned, and dry cow's and goat milk; buttermilk; yogurt; whey; flavored milk drinks and shakes; meal replacements with milk; milk-based infant formulas; milk sauces and gravies; fluid and powdered cream; half-and-half; sour cream; ice cream, ice milk, and milk sherbets; other desserts made with milk, such as puddings and custards; all types of natural, processed, and imitation cheese; and mixtures with cheese as a main ingredient. Excludes butter and nondairy sweet cream and sour cream substitutes.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and

mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, flour, biscuit mix, and mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Fats and oils--Includes table fats; cooking fats such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables,

other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Citrus fruits and tomatoes--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages. Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Noncitrus fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits; raw and cooked apples, bananas, berries, and other fruits except citrus; fruit salads and mixtures that are mainly fruit; noncitrus juices and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Dark-green and deep-yellow vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; baby-food spinach; raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.



White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and "near beer."

Alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors. Excludes "near beer."

#### Tables 3.1 to 4N—Nutrient Intakes

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

Dietary fiber--Represents total dietary fiber. Includes both insoluble and soluble fiber.

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

#### Tables 5.1 to 6H—Nutrient Intakes as Percentages of 1980 Recommended Dietary Allowances

Recommended Dietary Allowances--Data in the tables are compared with the 1980 RDA. See appendix D.

Per individual per day--Based on four nonconsecutive 1-day dietary recalls. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

Vitamin A--Based on intakes expressed as international units (IU).

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

**Tables 7.1 to 7.2—Nutrient Intakes per 1,000 Kilocalories**

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

**Tables 8.1 to 8.2—Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate**

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

**Tables 9.1 to 14.2—Breakfast, Snacks, Food Obtained and Eaten Away from Home**

Individuals--Excludes three children who were breast fed on 1 or more of the surveyed days.

Mean per individual over 4 nonconsecutive days--Based on four 1-day dietary recalls over a 1-year period. See appendix B for a discussion of how the data were calculated.

Percentage of nutrient intake--If the specified eating occasion contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

**Tables 15.1 to 21B—Characteristics of the Sample**

Data presented in the characteristics tables are from responses to wave 1. In most cases, these characteristics were consistent from one wave to another.

Individuals--Includes three children who were breast fed on 1 or more of the surveyed days.

Race--Excludes individuals for whom race was not reported.

Age--Calculated from date of birth as reported by the household informant at the wave 1 interview.

Alpha-tocopherol equivalent--See "Vitamin E."

Breakfast--Any eating occasion designated as such by the respondent.

Calcium equivalent--The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor-- $57 \text{ g} \times 6.06 = 345 \text{ g}$ . (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk).

Carotenes--Beta-carotene and other provitamin A carotenoids. See "Vitamin A."

Central city--See "Urbanization."

Dietary fiber--Total dietary fiber including both insoluble and soluble fiber.

Dietary intake--See "Food intake."

Eating occasion--Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level--Adult respondents were categorized according to the highest grade of formal schooling they completed: (a) elementary--grade 8 or less; (b) some high school--1 to 3 years; (c) high school completed--4 years or high school equivalency; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status--Employment includes any work done during the week prior to the wave 1 interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household--Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Folacin--Total folate activity.

Food group--See the table notes for descriptions of the various food groups and subgroups.

Food intake--All beverages (except water) and foods ingested by the respondent. Does not include inedible



parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home--Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Food Stamp Program status--Based on response of the household informant at the time of the wave 1 interview to the following questions: "Did this household receive any Government food stamps this month?" or "Did this household receive any food stamps last month?"

Home food supply--Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household--A group of individuals who regularly occupy a house, an apartment, or a room or group of rooms that constitute a housing unit; includes persons temporarily absent, such as those in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant--The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the female head of household.

Household size--Number of individuals in a household. See "Household."

Income--Household informant's estimate of the total income from all sources before taxes of all household members in 1984. Called "household income."

Lactating female--In tables 15.1 to 21B, a lactating female is a respondent who at the time of the wave 1 interview was breast-feeding a child born since January 1, 1982. In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave and the appropriate RDA were applied.

Male head of household--Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer--Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest--See "Region."

Mother/caretaker--The mother or guardian of a child respondent or the person most responsible for that child.

Niacin--Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas--See "Urbanization."

Northeast--See "Region."

Nutrient density--Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake--Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See appendix B for information on the nutrient data base.

One-day dietary recall--A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from midnight to 11:59 p.m.

Poverty--See appendix B for an explanation of how percentage of poverty level was determined.

Pregnant female--In tables 15.1 to 21B, a pregnant female is a respondent who at the time of the wave 1 interview answered, "Yes" to the question, "Are you pregnant?" In tables 5.1 to 6H, however, pregnancy and lactation status were determined at each wave and the appropriate RDA were applied.

Race--Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA)--Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (3). Intakes below the RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The RDA for the various sex-age groups are given in appendix D.

Region--An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont.

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia.

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents--See "Vitamin A."

Snack--Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South--See "Region."

Suburban areas--See "Urbanization."

Supplements--Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Total Food--Includes both food from the home food supply and food obtained and eaten away from home.

Urbanization--Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User--Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A--Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E--Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol.

Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram alpha-tocopherol, 2 milligrams beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Wave--The approximate dates of data collection for each wave are as follows: wave 1 (April-May 1985), wave 2 (June-July 1985), wave 3 (August-September 1985), wave 4 (October-November 1985), wave 5 (December 1985-January 1986), wave 6 (February-March 1986).

Weighting factors--Factors applied to data from completed questionnaires to compensate for differing response rates among individuals of similar ages in the primary sampling units. See appendix A for further discussion.

West--See "Region."



## Sample Design

The CSFII 1985 low-income sample was drawn from all private households in the conterminous United States. The survey was designed to provide a multistage, stratified, area sample that was representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific locations.

The 48 States were grouped into the nine census geographic divisions; then, all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan (see glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as defined by the Bureau of the Census. The distribution of these strata is shown below:

Census region and division	Central city	Suburban	Nonmetro- politan
-----number of strata-----			
Northeast:			
New England .....	1	1	1
Middle Atlantic .....	3	5	1
Midwest:			
East North Central ...	3	6	2
West North Central ...	1	1	2
South:			
South Atlantic .....	2	5	3
East South Central ...	1	1	2
West South Central ...	2	3	2
West:			
Mountain .....	1	1	1
Pacific .....	3	5	1
Total .....	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU), based on political, economic, and demographic characteristics and/or geographical proximity. Two PSU were selected from each of the 60 strata resulting in a total of 120 PSU. The PSU were randomly selected. The probability of selection was the ratio of the estimated size of the PSU to the estimated size of the



stratum in which that PSU was located. The two PSU were selected from each stratum with replacement; that is, the selection of one PSU as the first PSU did not preclude its selection as the second PSU. Each PSU was then divided geographically along census boundaries into smaller clusters, called area segments, containing a minimum of 100 housing units.

To increase the probability of locating low-income households within each PSU, a two-step selection process was used to identify sample area segments. First, 700 area segments were chosen with a probability proportional to the ratio of the number of housing units in the area segment to the total number of housing units in the PSU. Each of the 700 segments was then assigned to one of three poverty strata according to the proportion of the population in the segment at or below 125 percent of the poverty guidelines. (This poverty cut-off was the closest published figure to the 130 percent target sought for the CSFII.) Second, using a higher sampling rate to select area segments in strata containing larger poverty populations, a total of 336 segments was drawn into the final sample by systematic random sampling procedures. The following table shows the distribution of the initially sampled segments, those included in the final draw, and the sampling rate associated with each of the three poverty strata.

Poverty stratum	Segments initially sampled	Segments subsampled	Sampling rate
----- <u>number</u> -----			
Less than 10% of population at or below 125% of poverty .....	225	56	0.25
10-24% of population at or below 125% of poverty .....	325	130	0.40
25% of more of population at or below 125% of poverty .....	150	150	1.00
All strata .....	700	336	

The 336 area segments were prelisted to identify the existing housing units within the area boundaries at the time of the survey. The prelisted number of housing units in the area, together with census information, served as the basis for determining the number of housing units to be selected into the sample from that area. A systematic random sample of housing units was identified for contact in each area segment. The number of sample housing units was about equal in each segment. A total of 19,682 sample housing units were identified. Of these, 2,020 were

not occupied at the time of field contact, and 3,848 were not screened because the occupants refused or could not be found at home or for other reasons.

The remaining 13,814 households were screened to determine the previous month's income, the number of people in the household, and the presence or absence of women age 19 to 50 years. If a household contained at least one age-eligible woman and the household's income and size placed it at or below 130 percent of the 1985 poverty guidelines (see appendix B), it was drawn into the final sample. Interviews were attempted with all age-eligible women residing in the household. Of the 13,814 households screened, 2,164 were eligible to participate in the survey. Of these, 1,916 (or 89 percent) participated in wave 1.

The response rate yielded by wave 1 screening procedures was higher than expected. To reduce the number of wave 1 low-income households from 1,916 to the targeted number of approximately 1,200 households, a systematic subsample of panelists was drawn as follows: First, the number of completed interviews in each of the 336 low-income area segments was determined. Second, to ensure that every segment with completed interviews was represented in the subsample, any segment containing only one interviewed household was automatically included in the subsample. Third, the interviews in each of the remaining area segments were arrayed by segment, and a constant was applied to select a subsample of panel households that would be distributed across the low-income area segments in approximately the same proportions as the original 1,916 households interviewed in wave 1. This procedure yielded a total of 1,219 households for interviewing in waves 2 through 6.

#### Data Collection

To contact individuals in housing units selected as part of the low-income sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. To contact households without telephones, interviewers made a minimum of six personal visits (five in rural areas).

In eligible households, all women 19 through 50 years and their children ages 1 through 5, if any, were invited to be interviewed and to participate in a year-long survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 individual days (waves) of intake data separated by intervals of approximately 2 months.

In each wave, the interviewing process included two major steps: (1) collection of information about the household and (2) collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit or call, to complete the household schedule first and then the required intake records, and to obtain intake data about a woman and her children for the same 24-hour period. Interviewers were provided with instructions on what to do if deviation from this pattern was necessary.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a



household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

The first wave of data (wave 1) was collected by personal interview from 1,916 households; subsequent waves of data were collected from the 1,219 subsampled households by telephone, if possible. The proportion of households interviewed by telephone in waves 2 and 3 was 70 percent; in waves 4 to 6 it was 65 percent. In households without telephones or where the respondent requested to be interviewed in person, the information for waves 2 to 6 was collected in a personal interview.

Only households that contained a member who was interviewed in wave 1 were recontacted in subsequent waves. Within these households, only women and children who completed interviews in wave 1 were eligible for reinterview in waves 2 to 6. Respondents were retained in the survey even if they missed one or more waves. Respondents who moved out of their area during the survey were not followed. Individuals who became members of participating households after wave 1 were not eligible for participation regardless of their age.

In wave 1, information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head did not participate in the survey, interviewers collected data on household characteristics from the participant who was the main meal planner/preparer or from the participant who

could best answer questions about the household. Household characteristics included the previous month's household income by source; the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of the household; household size; tenancy; usual amount of money spent on food; and each household member's sex, age, and relationship to the female head of the household.

In waves 2 to 6, interviewers were instructed to attempt a reinterview within 10 days of 2 months' time from the date of the last interview. At each interview in waves 2 to 6, the interviewer first obtained limited information on the household from the woman who provided the household information in wave 1. This included information on changes in household membership since the last interview, usual amount of money spent on food, participation in food programs, and changes in monthly household income.

In all waves, each woman interviewed provided information on her own food intake as well as that of her children. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/preparer was asked about the use of fat (including type) and salt in food preparation and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home (see glossary).

A Food Instruction Booklet, developed by National Analysts based on information provided by HNIS, was used by the interviewers to help respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Respondents kept the cups, spoons, and ruler for use during subsequent interviews.

Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, and education. Children were assigned the race of their mother/caretaker.

In wave 1, eligible households were scheduled for interviews in a manner designed to provide representativeness of intake data by day of the week over all households. In subsequent waves, interviewers were instructed to collect data for a household on different days of the week. For example, if the data for a household were collected for a Tuesday in wave 1 and for a Friday in wave 2, the household was asked to provide data for one of the other 5 days in wave 3, if possible.

The distribution of intake data by day of the week for the 4 days of data per individual included in this report is presented in the table below. Also presented is the proportion of respondents providing at least 1 day of data for specific days. The largest proportions of dietary intakes were collected for Sunday and for Tuesday (17 percent each day). The smallest proportion was collected for Saturday (7 percent)-- many participants were reluctant to be interviewed on a

Sunday. Sixty-eight percent of all respondents provided at least 1 day of intake data for Sunday; 28 percent provided at least 1 day of intake for Saturday.

Day of week of reported intake	Acceptable dietary forms collected	Respondents providing at least 1 day of data
	-----percent-----	
Sunday.....	17	68
Monday.....	16	63
Tuesday.....	17	66
Wednesday.....	16	65
Thursday.....	13	54
Friday.....	14	56
Saturday .....	7	28
	100	

The wave 1 subsample included 1,219 households. A total of 1,322 women and 714 children in those households satisfactorily completed the wave 1 food intake interview. The numbers of individuals completing each wave are as follows:

Wave	Women	Children
	-----number*-----	
1 .....	1,322	714
2 .....	1,056	524
3 .....	892	451
4 .....	892	446
5 .....	804	374
6 .....	757	361
* unweighted		

Of the individuals completing the first wave, 915 women and 458 children completed at least three additional waves. The data in the main body of this report are based on the dietary intakes of these individuals. (See the following section, "Sample Weights," for information on the selection of days.) The tabulation below shows the numbers of individuals who completed the specified number of waves.

Number of waves completed	Women	Children
	-----number*-----	
At least one wave .....	1,322	714
At least two waves .....	1,161	600
At least three waves ....	997	515
At least four waves .....	915	458
At least five waves .....	781	362
All six waves .....	547	221
* unweighted		

#### Sample Weights

Because area segments were disproportionately sampled, a weight was applied to each segment to adjust for the different sampling rates. In addition to the segment weight, household and individual weighting factors were applied to data from completed intake records to adjust for sources of nonresponse--not all eligible households participated, not all eligible women and children in eligible households were interviewed, not all interviews yielded complete information, and not all participants in wave 1 completed each subsequent wave. Weighting factors were applied to data from completed intake records to adjust for these sources of



nonresponse. Weighting procedures involved the following steps:

- (1) Selection of days--This publication provides data on the dietary intakes by low-income women and children who completed the first 1-day recall and at least three additional interviews. For women and children who provided more than 4 days of dietary data, a computer program was developed to randomly select the 3 additional days to be used. The selection process for women was separate from that for children. Therefore, some of the dietary data for women and children from the same household may be for different waves. After the days of intake were selected, household and individual weights were calculated.
- (2) Household weights--In wave 1, household weights were determined by estimating the total number of eligible occupied households in each segment and dividing this number by the actual number of interviewed households in the segment. For the 4-day sample, the household weight for each area segment was adjusted to make that area segment account for the same proportion of households as it had in wave 1. If, after the 4-day respondents had been selected, an area segment had no respondents in a specific age group, that area segment was combined with the nearest area segment in that region of the same level of urbanization. In that case, the weighting calculations were based on the total number of households in the combined area segments and give estimates that are representative of the population.

Household weights were developed so that the weighted number of households would equal the unweighted number of households, except for rounding differences.

- (3) Initial individual weights--The development of individual weights was a two-step process. Separate initial weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis within each area segment. All eligible children in participating area segments were divided into two age groups: those 2½ years or under and those over 2½ years. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. This was done by dividing the number of eligible children by the number of participating children. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children for whom intake data were obtained were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household. First, the number of age-eligible women and the

number of participating women in each household were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the women in that particular household who did participate received weighting factors that summed to the number of eligible women in that household.

- (4) Final individual weights--The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals who provided 4 days of dietary data by sample weighting groups are shown below:

	Unweighted count	Weighted count
Low-income children:		
2½ years or under.....	142	173
Over 2½ years.....	316	401
Low-income women:		
19-50 years .....	915	965
Low-income households ...	876	876



### Data Processing

Completed schedules were coded by the contractor (National Analysts) using food codes, gram weight conversions, and coding guidelines provided by the Human Nutrition Information Service (HNIS) (4). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to their weight in grams. When items could not be coded by the contractor because of insufficient information, they were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake record and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey (5). The data base contains representative nutrient values for 100 grams of edible portions of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes. Responses to the questions asked of the main meal planner/preparer on use of salt and fat and on the type of fat in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. These salt and fat codes

were used only for the individual providing the information, not for other household members.

The nutrient data base developed for use with the CSFII includes values for food energy and 29 nutrients and other dietary components.<sup>1</sup> The sources of these values are the USDA Nutrient Data Base for Standard Reference (6) and the USDA Nutrient Data Bank (7). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicit for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A

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<sup>1</sup> Protein, total fat, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, carbohydrate, dietary fiber, vitamin A (IU), vitamin A (RE), carotenes, vitamin E, ascorbic acid, thiamin, riboflavin, niacin, vitamin B-6, folacin, vitamin B-12, calcium, phosphorus, magnesium, iron, zinc, copper, sodium, potassium, alcohol, and moisture (water). Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.

and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which such data exist.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. Individuals' heights and weights were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

#### Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (8) and Table Producing Language

(9). The data presented in the tables were calculated as follows:

Food Stamp Program participation--Respondents reported whether or not they participated in the Food Stamp Program at each wave. In this report, individuals are classified by Food Stamp Program status based on their response to wave 1. As the following tabulation shows, 71 percent of the women and 76 percent of the children who reported program participation at the wave 1 interview reported participation at all four of the dietary interviews used for this report. Eighty-seven percent of the women and 85 percent of the children who reported nonparticipation at the wave 1 interview reported nonparticipation at subsequent interviews.

Classification in wave 1	Individuals	Number of waves participating in FSP				
		0	1	2	3	4
	<u>number*</u>	<u>percentage of individuals</u>				
FSP						
Women .....	441	0	7	8	14	71
Children .....	254	0	5	6	13	76
NFSP						
Women .....	474	87	4	4	4	0
Children .....	204	85	8	3	4	0
*unweighted						

Income levels--To obtain a sample of households that could have met the income criterion for FSP participation at the time of data collection, households were screened for survey eligibility using a general question on household income for the previous month. The CSFII also included a more detailed question on income for the previous calendar year. Annual income is a better indicator of a household's general level of living than monthly income and is used to classify income data in the tables in this report.

The income level categories (0 to 75 percent of poverty, 76 to 130 percent of poverty, and 0 to 130 percent of poverty) are based on household income for the previous calendar year. The income levels were calculated by expressing each household's income before taxes for the previous calendar year as a percentage of the poverty guidelines for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guidelines. The poverty guidelines, provided by the U.S. Department of Health and Human Services (1), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines (which are based on the previous year's income) are as follows:

Household size	1985 poverty guidelines
1 .....	\$ 5,250
2 .....	7,050
3 .....	8,850
4 .....	10,650
5 .....	12,450
6 .....	14,250
7 .....	16,050
8 .....	17,850

For households with more than eight members, \$1,800 was added for each additional member.

Food intakes (tables 1.1-1A to 1.6-2B)--The data on food intakes presented in the tables are arithmetic means (averages) for the group of individuals identified in the stub. For each food group and subgroup identified in the column head, quantities reported for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number of individuals in the group to obtain the mean per individual per day for that group. If no food from a specific food group or subgroup was reported on the survey days, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers. Seven women fasted on 1 or more of the surveyed days.



Nutrient contributions by 15 food groups (tables 2.1A to 2.2C)--For each individual, each nutrient (listed in the stub) from each food group (listed in the column head) was summed over 4 days, divided by the sum of that nutrient from all food groups over 4 days, then multiplied by 100 to obtain the percentage of an individual's total intake of the nutrient that was contributed by the food group. Individual percentages were totaled and divided by the number of individuals in the group, including those with zero percentages, to obtain the mean percentage per individual for that group.

The nutrient contribution of a food group can be calculated using an alternative procedure that may yield different results from the procedure described above. Differences between results will be especially large for food groups that are important sources of a food component and for which intakes vary widely among individuals, such as eggs, which are an important source of cholesterol. The alternative procedure involves summing the amount of a nutrient provided by the food group for all individuals and dividing by the total intake of that nutrient from all foods for all individuals. This method is used when the intent is to show the nutrient contribution of a food group relative to the intake from all the foods eaten by a population rather than the food group's average contribution to the diets of individuals.

Nutrient intakes (tables 3.1 to 3.2)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Individual mean intakes were totaled and divided by the number

of individuals in the group to obtain the mean intake per individual per day for that group. The nutrient intakes by individuals presented in tables 3.1 to 3.2 do not include intakes from vitamin and mineral supplements, for which information on only the frequency and type used were collected. Sodium intake does not include sodium from salt added at the table, for which information was not collected.

Nutrient intakes at selected percentiles (tables 4A to 4N)--For each dietary component listed in the column head, the intakes calculated for each individual over the 4 days of observation were totaled and divided by 4 to obtain a mean intake per day for the individual. Values for each individual were arrayed from lowest to highest, and intakes were identified at specified percentiles (10th, 25th, 50th, 75th, 90th).

Nutrient intakes as percentages of 1980 RDA (tables 5.1 to 5.2)--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980 RDA for a person of the appropriate sex and age (3). Each individual's intakes expressed as percentages of RDA were summed over 4 days then divided by 4 to yield mean percentages per day for the individual. Individuals' mean percentages were totaled and then divided by the number of individuals in the group to obtain the mean nutrient intakes per individual per day expressed as percentages of RDA for that group. The 1980 RDA are listed in appendix D.

Percentages of individuals with nutrient intakes at selected levels of the 1980 RDA (tables 6A to 6H)--For each day, each individual's intakes of food energy and 15 nutrients were expressed as percentages of the 1980

RDA for a person of the appropriate sex and age (3). These percentages were summed over 4 days, then divided by 4 to yield mean percentages per day for the individual. Individual mean intakes were classified into 4 categories by selected levels (below 50 percent, 50 to 69 percent, 70 to 99 percent, and 100 percent and over) of the 1980 RDA. The number of individuals in each RDA category was divided by the total number of individuals in the group to obtain the percentage of individuals who had intakes at that level of the RDA.

Nutrient intakes per 1,000 kilocalories (tables 7.1 to 7.2)--Each individual's intakes of a particular nutrient were summed over 4 days then divided by the sum of the individual's intakes of food energy (kilocalories) over 4 days and multiplied by 1,000 to obtain the individual's nutrient intakes per 1,000 kilocalories (nutrient densities). Individual nutrient densities were totaled and divided by the number of individuals in the group to obtain the mean nutrient densities per individual for that group.

Food energy from protein, total fat, fatty acids, and carbohydrate (tables 8.1 to 8.2)--Each individual's intakes of protein, total fat, saturated fat, mono-unsaturated fat, polyunsaturated fat, and carbohydrate were summed over 4 days. Intakes of protein were multiplied by 4 kilocalories per gram; fat, by 9 kilocalories per gram; and carbohydrate, by 4 kilocalories per gram. Those values were divided by the sum of the individual's food energy intakes over 4 days then multiplied by 100 to obtain the percentage of an individual's total food energy intake provided by each nutrient. Individual percentages were totaled and divided by the number of individuals in the group to

obtain the mean percentage per individual for that group. The general factors 4, 9, and 4 give estimates for a typical mixed diet (10). Alcohol is also an energy source and was included in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Breakfast (tables 9.1 to 9.2)--Individuals were classified into five categories by the number of days they reported breakfast (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of breakfast (tables 10.1 to 10.2)--An individual's intake of each dietary component from breakfast over 4 days was divided by the individual's total intake of that dietary component over 4 days then multiplied by 100 to determine what percentage of the individual's intake of that dietary component was provided by breakfast. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the percentage for that group.

Dietary data used in calculating the mean percentage contributions of breakfast to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported breakfast. If breakfast contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Snacks (tables 11.1 to 11.2)--Individuals were classified into five categories by the number of days



they reported any snacks (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of snacks (tables 12.1 to 12.2)--An individual's intake of each dietary component from snacks over 4 days was divided by the individual's total intake of that dietary component over 4 days then multiplied by 100 to determine what percentage of the individual's intake of that dietary component was provided by snacks. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for that group.

Dietary data used in calculating the mean percentage contributions of snacks to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported snacks. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.

Food obtained and eaten away from home (tables 13.1 to 13.2)--Individuals were classified into five categories by the number of days they reported any food obtained and eaten away from home (0, 1, 2, 3, or 4 out of 4 days). The number of individuals in each category was divided by the total number of individuals in the group to obtain the percentage of individuals in that category.

Nutrient contribution of food obtained and eaten away from home (tables 14.1 to 14.2)--An individual's intake of each dietary component from food obtained and eaten away from home over 4 days was divided by the individual's total intake of that dietary component over 4 days then multiplied by 100 to determine what percentage of the individual's intake of that dietary component was provided by food away from home. Individuals' percentages were totaled and divided by the number of individuals in the group to obtain the mean percentage for that group.

Dietary data used in calculating the mean percentage contributions of food obtained and eaten away from home to intakes of food energy and nutrients include 4 days' data for all individuals, whether or not they reported food away from home. If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean.



## Appendix C: The Panel Approach—Dietary Intakes and Sample Characteristics by Wave

The CSFII is the first nationwide dietary intake survey to employ a panel design--repeated observations on the same individual over a period of time. The CSFII panel was designed to include the collection of information from a sample of individuals on 6 days at approximately 2-month intervals over a 1-year period. The data are useful for a variety of purposes:

- o To estimate interindividual and intraindividual variation; that is, how food and nutrient intakes vary among individuals and how they vary over time for one individual.
- o To provide an estimate of an individual's typical dietary intake by including day-to-day variation in both the amount and the type of foods eaten.
- o To estimate the prevalence of diets that meet or exceed nutritional standards and what food intakes are associated with such diets.
- o To examine the distribution of nutrient intakes for specific population groups.
- o To examine the use of infrequently consumed foods.
- o To reflect more fully the variety of foods in an individual's diet.
- o To minimize effects of day of the week and season of the year in the collection of information.

In the CSFII 1985, the numbers of low-income women and children providing dietary data dropped substantially between the first and sixth waves of data collection. Only 547 of the subsample of 1,322 women and 221 of the subsample of 714 children provided all 6 days of intake data (see appendix A).

The mean food energy intake and the mean number of food items reported by women in the survey declined substantially between wave 1 and wave 2. There were further, but smaller, declines following wave 2. The decline does not appear to be associated with the shift from the personal interview in wave 1 to the use of the telephone interview in waves 2 to 6. Food energy intakes dropped between wave 1 and wave 2 both for women who were interviewed in person in wave 2 and for those interviewed by telephone, as the following tabulation shows:

Method of interview	Women	Food energy		Change
		Wave 1	Wave 2	
	<u>number</u>	<u>---kilocalories---</u>		<u>percent</u>
Personal-telephone..	739	1,600	1,381	-13.7
Personal-personal...	317	1,533	1,402	- 8.5
Total.....	1,056	1,580	1,388	-12.2

The data in the appendix C tables are unweighted and should not be interpreted as representative of the population. The data are intended to give readers information on differences in food and nutrient intakes on a wave-by-wave basis.

Table Number	Table Title	Page	Table Number	Table Title	Page
C1	<u>Distribution of women by selected characteristics and level of participation, low-income households, 1985</u> .....	195		<u>Nutrient intakes: Mean per individual in a day by wave, low-income households, 1985 (tables C5.1A to C5.2B)</u>	
	<u>Mean number of food items coded and mean food energy intake for individuals participating in all six waves and for individuals participating in specified wave, 1985 (tables C2A to C2B)</u>		C5.1A	Children .....	204
C2A	Low-income households .....	196	C5.1B	Children, by Food Stamp Program status .....	205
C2B	Low-income households, by Food Stamp Program status .....	197	C5.2A	Women .....	206
	<u>Percentage of individuals reporting specified amount of food and drink by wave, 1985 (tables C3A to C3B)</u>		C5.2B	Women, by Food Stamp Program status .....	207
C3A	Low-income households .....	198		<u>Nutrient Intakes per 1,000 Kilocalories: Mean per individual in a day by wave, low-income households, 1985 (tables C6.1A to C6.2B)</u>	
C3B	Low-income households, by Food Stamp Program status .....	199	C6.1A	Children .....	208
	<u>Food intakes: by wave, low-income households, 1985 (tables C4.1A to C4.2B)</u>		C6.1B	Children, by Food Stamp Program status .....	209
C4.1A	Mean per individual in a day .....	200	C6.2A	Women .....	210
C4.1B	Mean per individual in a day, by Food Stamp Program status .....	201	C6.2B	Women, by Food Stamp Program status .....	211
C4.2A	Percentage of individuals using .....	202		<u>Mean food energy intake by income and wave, 1985 (tables C7A to C7B)</u>	
C4.2B	Percentage of individuals using, by Food Stamp Program status .....	203	C7A	Low-income households .....	212
			C7B	Low-income households, by Food Stamp Program status .....	213
				<u>Food energy from protein, total fat, fatty acids, and carbohydrate: Mean per individual in a day by wave, 1985 (tables C8A to C8B)</u>	
			C8A	Low-income households .....	214
			C8B	Low-income households, by Food Stamp Program status .....	215

Appendix Table C1.--Distribution of Women by Selected Characteristics and Level of Participation,  
Low-Income Households, 1985 (unweighted)

Characteristics	:	:	Level of Participation					
	:	:	:	:	:	:	:	:
	Individuals	:	All	Five	Four	Three	Two	One
	:	:	Six	Waves	Waves	Waves	Waves	Wave
	:	:	Waves	Only	Only	Only	Only	Only
:	:	:	:	:	:	:	:	
	Number	Percent						
All Women.....	203	3.0	3.0	3.0	3.0	3.0	3.0	
Income Level:								
0-75% Poverty.....	204	4.0	4.0	4.0	4.0	4.0	4.0	
76-130% Poverty.....	205	5.0	5.0	5.0	5.0	5.0	5.0	
Over 130% Poverty....	206	6.0	6.0	6.0	6.0	6.0	6.0	
0-100% Poverty.....	207	7.0	7.0	7.0	7.0	7.0	7.0	
0-130% Poverty.....	208	8.0	8.0	8.0	8.0	8.0	8.0	
Race:								
White.....	209	9.0	9.0	9.0	9.0	9.0	9.0	
Black.....	210	10.0	10.0	10.0	10.0	10.0	10.0	
Other.....	211	11.0	11.0	11.0	11.0	11.0	11.0	
Region:								
Northeast.....	212	12.0	12.0	12.0	12.0	12.0	12.0	
Midwest.....	213	13.0	13.0	13.0	13.0	13.0	13.0	
South.....	214	14.0	14.0	14.0	14.0	14.0	14.0	
West.....	215	15.0	15.0	15.0	15.0	15.0	15.0	
Urbanization:								
Central Cities.....	216	16.0	16.0	16.0	16.0	16.0	16.0	
Suburban Areas.....	217	17.0	17.0	17.0	17.0	17.0	17.0	
Nonmetropolitan Areas	218	18.0	18.0	18.0	18.0	18.0	18.0	
	219	19.0	19.0	19.0	19.0	19.0	19.0	
Food Stamp Status:								
Participating.....	220	20.0	20.0	20.0	20.0	20.0	20.0	
Not Participating....	221	21.0	21.0	21.0	21.0	21.0	21.0	
Presence of Children:								
1-5 Years of Age.....	222	22.0	22.0	22.0	22.0	22.0	22.0	
1-18 Years of Age....	223	23.0	23.0	23.0	23.0	23.0	23.0	

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C2A.--Mean Number of Food Items Coded and Mean Food Energy Intake for Individuals Participating in All Six Waves and for Individuals Participating in Specified Wave, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals Participating in All Six Waves			Individuals Participating in Specified Wave		
	Individuals	Food Items Coded	Food Energy	Individuals	Food Items Coded	Food Energy
	<u>Number</u>	<u>Number</u>	<u>Kilocalories</u>	<u>Number</u>	<u>Number</u>	<u>Kilocalories</u>
Children:						
1.....	221	12.8	1,322	714	12.9	1,384
2.....	221	12.3	1,264	524	12.9	1,325
3.....	221	12.6	1,306	451	12.9	1,336
4.....	221	12.7	1,317	446	12.8	1,343
5.....	221	12.7	1,295	374	12.8	1,330
6.....	221	12.5	1,347	361	12.5	1,379
Women:						
1.....	547	12.0	1,576	1,322	12.1	1,582
2.....	547	11.2	1,393	1,056	11.4	1,388
3.....	547	11.1	1,408	892	11.0	1,399
4.....	547	11.2	1,442	892	11.1	1,393
5.....	547	11.2	1,429	804	11.0	1,391
6.....	547	11.4	1,462	757	11.3	1,454

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.

See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C2B.--Mean Number of Food Items Coded and Mean Food Energy Intake for Individuals Participating in All Six Waves and for Individuals Participating in Specified Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals Participating in All Six Waves						Individuals Participating in Specified Wave					
	Individuals		Food Items Coded		Food Energy		Individuals		Food Items Coded		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
<div> <div>----Number----</div> <div>----Number----</div> <div>-Kilocalories-</div> <div>----Number----</div> <div>----Number----</div> <div>-Kilocalories-</div> </div>												
Children:												
1.....	123	98	12.3	13.4	1,347	1,291	394	320	12.3	13.7	1,383	1,384
2.....	121	100	11.6	13.0	1,281	1,244	292	232	12.5	13.4	1,330	1,319
3.....	122	99	12.0	13.3	1,308	1,304	242	209	12.2	13.6	1,330	1,343
4.....	116	105	12.1	13.3	1,352	1,279	227	219	12.1	13.5	1,346	1,340
5.....	121	100	11.7	13.9	1,285	1,308	191	183	11.9	13.7	1,295	1,366
6.....	121	100	11.5	13.6	1,323	1,375	192	169	12.0	13.1	1,389	1,367
Women:												
1.....	251	296	11.1	12.8	1,513	1,630	624	698	11.4	12.7	1,551	1,610
2.....	247	300	10.1	12.1	1,374	1,409	496	560	10.5	12.1	1,388	1,388
3.....	245	302	9.8	12.2	1,285	1,508	410	482	10.0	11.9	1,335	1,453
4.....	231	316	10.3	11.9	1,417	1,460	393	499	10.2	11.9	1,365	1,416
5.....	224	323	10.2	11.9	1,446	1,417	337	467	10.2	11.6	1,390	1,393
6.....	226	321	10.4	12.1	1,415	1,495	325	432	10.5	11.9	1,434	1,469

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C3A.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, Low-Income Households, 1985 (unweighted)

	:	:	Amount of Food and Drink		
	:	:			
	:	:			
Wave Number	Individuals	:	Less Than	Usual	More Than
	:	:	Usual	:	Usual
	:	:			
	:	:			
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NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Appendix Table C3B.--Percentage of Individuals Reporting Specified Amount of Food and Drink by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals		Amount of Food and Drink					
			Less Than Usual		Usual		More Than Usual	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Children:								
1.....	394	320	19.0	18.1	77.7	78.7	2.8	2.5
2.....	292	232	18.2	23.3	76.7	74.6	3.8	1.7
3.....	242	209	13.6	17.2	80.2	79.4	5.8	2.9
4.....	227	219	18.5	18.3	74.4	79.0	6.2	2.7
5.....	191	183	19.9	20.2	73.8	76.5	4.2	2.7
6.....	192	169	20.8	14.8	71.9	81.1	6.3	4.1
Women:								
1.....	624	698	30.8	25.5	59.9	65.5	9.3	8.9
2.....	496	560	35.1	32.5	58.3	60.5	6.3	6.8
3.....	410	482	35.4	30.7	57.6	61.0	6.8	8.3
4.....	393	499	34.1	30.7	57.8	61.3	7.9	7.8
5.....	337	467	33.2	31.7	57.6	60.2	8.3	7.9
6.....	325	432	30.2	29.9	59.4	65.3	10.2	4.9

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C4.1A.--Food Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals	Meat, Poultry, Fish	Milk and Milk Products	Eggs	Nuts, Seeds	Legumes, Vegetables	Fruits	Grain Products	Fats and Oils	Sugars and Sweets	Beverages
	Number										
<hr/>											
Children:											
1.....	714	111	401	21	24	93	146	203	4	22	206
2.....	524	101	356	20	19	91	140	185	5	21	262
3.....	451	107	397	19	21	94	167	198	4	23	213
4.....	446	103	399	18	19	96	149	220	4	16	172
5.....	374	102	373	19	19	95	148	205	5	19	207
6.....	361	104	404	30	18	88	152	211	4	18	179
Women:											
1.....	1,322	175	195	23	24	149	103	217	10	17	786
2.....	1,056	152	171	20	25	132	91	181	10	13	726
3.....	892	156	183	20	22	158	101	172	11	13	688
4.....	892	155	180	21	22	139	92	201	9	15	665
5.....	804	146	179	19	29	133	98	213	10	14	648
6.....	757	166	183	23	36	141	105	206	11	15	627

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C4.1B.--Food Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status,  
Low-Income Households, 1985 (unweighted)

Wave Number	: Individuals :		: Meat, Poultry, Fish :		: Milk and Milk Products :		: Eggs :		: Legumes, Nuts, Seeds :		: Vegetables :	
	: FSP : NFSP :		: FSP : NFSP :		: FSP : NFSP :		: FSP : NFSP :		: FSP : NFSP :		: FSP : NFSP :	
	:	:	:	:	:	:	:	:	:	:	:	:
-----Number-----												
-----Grams-----												
Children:												
1.....	394	320	111	110	405	397	20	22	26	21	92	93
2.....	292	232	102	101	365	345	19	20	16	23	83	101
3.....	242	209	110	103	388	408	23	15	22	21	97	90
4.....	227	219	106	100	395	404	18	19	21	17	95	96
5.....	191	183	96	109	376	370	21	18	16	22	89	102
6.....	192	169	115	93	394	415	29	31	21	15	81	96
Women:												
1.....	624	698	178	173	177	210	25	22	30	19	141	155
2.....	496	560	154	150	151	189	23	18	28	22	117	145
3.....	410	482	156	156	162	200	24	17	22	22	152	164
4.....	393	499	163	149	157	198	23	19	25	20	130	146
5.....	337	467	161	136	158	193	21	18	28	30	129	135
6.....	325	432	164	166	165	196	27	20	36	36	124	153
-----Grams-----												
Children:												
1.....	138	156	216	187	4	5	19	25	200	212		
2.....	140	141	200	166	4	5	25	17	251	275		
3.....	151	185	214	179	3	4	17	31	224	201		
4.....	143	154	228	212	4	5	16	17	167	178		
5.....	133	164	206	203	4	6	19	20	194	220		
6.....	140	166	223	197	4	5	13	23	182	176		
Women:												
1.....	94	110	216	218	9	11	17	18	789	784		
2.....	86	96	196	168	9	11	11	14	734	720		
3.....	84	116	161	181	9	13	11	15	699	679		
4.....	75	106	195	206	8	9	14	16	666	664		
5.....	74	115	205	218	8	11	10	16	630	661		
6.....	70	131	212	201	9	12	11	18	616	635		

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C4.2A.--Food Intakes: Percentage of Individuals Using by Wave, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals	Meat, Poultry, Fish	Milk and: Milk Products:	Eggs	Legumes, Nuts, Seeds	Vegetables	Fruits	Grain Products:	Fats and: Oils	Sugars and Sweets	Beverages
	Number										
Children:											
1.....	714	88.2	92.2	34.3	31.7	78.0	55.3	98.0	40.2	48.0	60.1
2.....	524	86.8	89.9	33.6	30.9	77.1	56.9	98.5	45.6	50.0	71.0
3.....	451	88.0	93.3	31.9	31.7	77.8	63.2	98.4	41.7	52.8	62.3
4.....	446	86.5	91.9	30.5	24.4	75.1	60.8	97.5	49.1	46.0	54.5
5.....	374	83.4	88.5	32.1	34.2	71.1	58.8	96.5	46.3	51.6	58.0
6.....	361	89.5	93.6	37.4	27.4	76.2	56.8	97.8	44.6	48.5	54.8
Women:											
1.....	1,322	88.3	67.8	30.4	19.6	75.5	36.2	92.1	53.0	51.7	88.7
2.....	1,056	86.4	65.1	27.0	17.7	73.8	34.3	91.5	51.9	46.5	89.8
3.....	892	84.5	59.8	25.7	18.6	73.3	35.5	88.3	52.2	43.7	85.5
4.....	892	83.6	63.9	28.1	15.2	71.6	35.0	90.6	50.2	48.3	85.8
5.....	804	84.1	65.2	26.2	18.0	70.5	36.9	91.3	53.2	48.1	85.4
6.....	757	87.3	66.1	29.3	18.6	74.1	37.5	91.4	51.3	49.0	85.7

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.

See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C4.2B.--Food Intakes: Percentage of Individuals Using by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals		Meat, Poultry, Fish		Milk and Milk Products		Eggs		Legumes, Nuts, Seeds		Vegetables	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
-----Number-----												
-----Percent-----												
Children:												
1.....	394	320	86.5	90.3	90.9	93.8	35.5	32.8	30.7	32.8	76.9	79.4
2.....	292	232	86.3	87.5	89.7	90.1	34.9	31.9	28.4	34.1	75.0	79.7
3.....	242	209	90.9	84.7	92.1	94.7	35.1	28.2	30.6	33.0	75.6	80.4
4.....	227	219	85.5	87.7	89.4	94.5	28.2	32.9	25.1	23.7	75.8	74.4
5.....	191	183	85.3	81.4	88.5	88.5	30.9	33.3	33.0	35.5	65.4	77.0
6.....	192	169	90.6	88.2	92.2	95.3	37.5	37.3	29.2	25.4	72.9	79.9
Women:												
1.....	624	698	87.3	89.1	63.1	71.9	31.7	29.2	19.1	20.1	72.3	78.4
2.....	496	560	85.3	87.3	59.7	69.8	29.6	24.6	17.1	18.2	69.0	78.0
3.....	410	482	84.1	84.9	54.1	64.5	29.5	22.4	17.1	19.9	70.7	75.5
4.....	393	499	83.2	84.0	59.5	67.3	30.8	26.1	16.3	14.4	67.7	74.7
5.....	337	467	88.7	80.7	59.6	69.2	28.8	24.4	16.9	18.8	68.8	71.7
6.....	325	432	88.0	86.8	60.9	69.9	32.9	26.6	19.4	18.1	69.2	77.8
-----Number-----												
-----Percent-----												
Children:												
1.....	51.8	59.7	97.2	99.1	38.3	42.5	43.7	53.4	56.6	64.4		
2.....	54.5	59.9	98.3	98.7	41.8	50.4	43.8	57.8	70.9	71.1		
3.....	59.1	67.9	98.3	98.6	38.4	45.5	42.1	65.1	65.7	58.4		
4.....	56.4	65.3	96.5	98.6	41.9	56.6	46.3	45.7	52.0	57.1		
5.....	52.9	65.0	96.9	96.2	38.2	54.6	51.8	51.4	58.1	57.9		
6.....	52.1	62.1	96.9	98.8	35.4	55.0	46.9	50.3	55.7	53.8		
Women:												
1.....	32.7	39.4	89.9	94.1	47.9	57.6	51.0	52.4	87.8	89.5		
2.....	29.6	38.4	90.5	92.3	48.0	55.4	44.8	48.0	88.3	91.1		
3.....	31.5	39.0	86.6	89.8	47.3	56.4	42.9	44.4	85.6	85.5		
4.....	27.7	40.7	86.8	93.6	45.5	53.9	48.3	48.3	86.3	85.4		
5.....	29.1	42.6	92.0	90.8	50.4	55.2	44.8	50.5	85.8	85.2		
6.....	29.2	43.8	91.1	91.7	45.5	55.6	48.6	49.3	86.5	85.2		

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C5.1A.--Nutrient Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

## Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
		:	:	:	:	:	:
Individuals.....	Number	714	524	451	446	374	361
Food Energy .....	Kilocalories	1,384	1,325	1,336	1,343	1,330	1,379
Protein.....	Grams	53.8	51.2	52.4	52.8	51.2	54.7
Total Fat.....	Grams	56.0	53.1	53.1	53.6	52.8	56.1
Saturated Fat.....	Grams	22.5	21.0	21.5	21.6	21.0	22.5
Monounsaturated Fat.....	Grams	20.6	19.4	19.6	19.6	19.5	20.7
Polyunsaturated Fat.....	Grams	9.0	8.9	8.3	8.6	8.6	9.0
Cholesterol.....	Grams	274	256	253	256	253	311
Carbohydrate.....	Grams	170.2	164.7	166.7	166.2	166.5	167.7
Fiber.....	Grams	8.8	8.4	8.8	8.4	8.6	8.3
Vitamin A.....	IU	4,114	3,883	3,964	4,059	4,499	4,074
Vitamin A.....	RE	794	780	732	763	850	860
Carotenes.....	RE	225	195	230	231	255	186
Vitamin E.....	Alpha-TE	6.9	5.6	5.3	6.2	5.8	5.8
Ascorbic Acid.....	Milligrams	76	74	79	75	81	80
Thiamin.....	Milligrams	1.14	1.05	1.07	1.11	1.07	1.11
Riboflavin.....	Milligrams	1.64	1.51	1.55	1.57	1.51	1.64
Niacin.....	Milligrams	14.1	13.1	12.9	13.3	12.6	13.6
Vitamin B-6.....	Milligrams	1.24	1.13	1.15	1.19	1.15	1.21
Folic acid.....	Micrograms	193	176	186	189	180	199
Vitamin B-12.....	Micrograms	4.31	4.36	4.09	4.29	4.42	5.20
Calcium.....	Milligrams	770	713	750	750	734	768
Phosphorus.....	Milligrams	974	922	945	959	930	981
Magnesium.....	Milligrams	181	171	179	179	176	181
Iron.....	Milligrams	10.4	9.2	9.2	9.7	9.2	10.0
Zinc.....	Milligrams	7.5	7.4	7.5	7.3	7.1	7.7
Copper.....	Milligrams	.7	.8	.7	.7	.7	.8
Sodium.....	Milligrams	2,006	1,930	1,949	2,034	2,001	2,023
Potassium.....	Milligrams	1,826	1,741	1,843	1,844	1,789	1,856

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Appendix Table C5.1B.--Nutrient Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Children

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number											
		1		2		3		4		5		6	
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	394	320	292	232	242	209	227	219	191	183	192	169
Food Energy .....	Kilocalories	1,383	1,384	1,330	1,319	1,330	1,343	1,346	1,340	1,295	1,366	1,389	1,367
Protein.....	Grams	53.8	53.9	51.6	50.8	53.5	51.0	53.0	52.7	50.4	51.9	55.5	53.7
Total Fat.....	Grams	56.2	55.8	53.0	53.3	53.4	52.8	54.1	53.0	52.5	53.1	57.8	54.1
Saturated Fat.....	Grams	22.4	22.5	21.2	20.7	21.6	21.3	21.7	21.5	21.0	21.0	23.2	21.6
Monounsaturated Fat.....	Grams	20.6	20.5	19.3	19.6	19.7	19.4	19.9	19.3	19.4	19.6	21.4	19.9
Polysaturated Fat.....	Grams	9.1	8.8	8.7	9.2	8.1	8.5	8.8	8.4	8.4	8.8	9.1	8.8
Cholesterol.....	Grams	273	276	261	251	265	240	256	256	259	246	307	314
Carbohydrate.....	Grams	169.6	170.9	165.3	163.9	162.9	171.2	165.3	167.2	158.8	174.6	165.0	170.8
Fiber.....	Grams	8.6	9.1	8.0	9.0	8.9	8.8	8.1	8.8	8.1	9.1	7.9	8.7
Vitamin A.....	IU	3,909	4,367	4,228	3,449	3,548	4,447	3,706	4,425	4,106	4,910	4,054	4,097
Vitamin A.....	RE	784	805	870	667	703	766	717	810	847	852	895	820
Carotenes.....	RE	199	257	201	188	182	286	202	262	197	315	165	209
Vitamin E.....	Alpha-TE	7.6	6.1	5.7	5.4	5.9	4.5	5.3	7.1	5.9	5.6	6.4	5.0
Ascorbic Acid.....	Milligrams	77	76	78	70	79	79	76	73	78	85	87	72
Thiamin.....	Milligrams	1.17	1.10	1.08	1.02	1.14	.98	1.09	1.14	1.10	1.04	1.15	1.07
Riboflavin.....	Milligrams	1.66	1.61	1.55	1.45	1.60	1.50	1.53	1.60	1.52	1.50	1.69	1.59
Niacin.....	Milligrams	14.6	13.5	13.4	12.9	13.9	11.8	13.0	13.7	12.5	12.8	14.4	12.8
Vitamin B-6.....	Milligrams	1.26	1.21	1.14	1.13	1.23	1.06	1.13	1.25	1.13	1.17	1.27	1.15
Folacin.....	Micrograms	197	189	180	171	195	176	183	195	180	179	213	184
Vitamin B-12.....	Micrograms	4.48	4.11	4.82	3.77	4.28	3.87	3.76	4.83	4.59	4.24	5.42	4.95
Calcium.....	Milligrams	769	771	716	708	736	768	742	758	734	734	761	775
Phosphorus.....	Milligrams	966	984	922	921	948	942	957	961	920	941	976	986
Magnesium.....	Milligrams	179	182	168	176	180	179	175	184	170	181	179	182
Iron.....	Milligrams	10.9	9.8	9.5	8.9	9.8	8.5	9.4	10.0	9.3	9.2	10.7	9.1
Zinc.....	Milligrams	7.5	7.5	7.4	7.3	7.8	7.1	7.4	7.2	6.9	7.3	8.0	7.5
Copper.....	Milligrams	.7	.7	.8	.7	.7	.7	.7	.8	.7	.8	.8	.8
Sodium.....	Milligrams	2,014	1,995	1,979	1,868	1,967	1,927	2,100	1,965	2,020	1,982	2,054	1,988
Potassium.....	Milligrams	1,821	1,833	1,718	1,770	1,837	1,850	1,811	1,879	1,695	1,887	1,844	1,869

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C5.2A.--Nutrient Intakes: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

## Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number					
		1	2	3	4	5	6
		:	:	:	:	:	:
Individuals.....	Number	1,322	1,056	892	892	804	757
Food Energy .....	Kilocalories	1,582	1,388	1,399	1,393	1,391	1,454
Protein.....	Grams	62.7	56.1	56.1	55.6	56.6	60.1
Total Fat.....	Grams	64.2	55.1	56.8	54.5	55.2	58.4
Saturated Fat.....	Grams	23.4	20.1	20.5	20.1	20.4	21.6
Monounsaturated Fat.....	Grams	24.3	20.8	21.6	20.5	20.9	22.1
Polyunsaturated Fat.....	Grams	11.9	10.2	10.7	9.9	10.0	10.6
Cholesterol.....	Grams	318	279	276	276	280	299
Carbohydrate.....	Grams	187.2	165.4	165.5	168.6	166.4	171.4
Fiber.....	Grams	10.2	8.9	9.2	9.1	9.3	9.8
Vitamin A.....	IU	4,611	3,887	4,261	4,480	4,902	4,046
Vitamin A.....	RE	797	696	689	740	916	783
Carotenes.....	RE	301	241	300	309	284	254
Vitamin E.....	Alpha-TE	7.1	5.9	5.9	5.3	5.8	5.7
Ascorbic Acid.....	Milligrams	74	64	72	62	70	70
Thiamin.....	Milligrams	1.13	.99	1.00	.97	1.02	1.07
Riboflavin.....	Milligrams	1.35	1.21	1.18	1.18	1.24	1.29
Niacin.....	Milligrams	16.6	15.0	14.6	14.3	14.7	15.6
Vitamin B-6.....	Milligrams	1.19	1.07	1.05	1.04	1.06	1.11
Folic acid.....	Micrograms	195	172	169	168	178	190
Vitamin B-12.....	Micrograms	4.62	4.20	4.06	4.16	5.20	4.87
Calcium.....	Milligrams	588	515	515	528	534	544
Phosphorus.....	Milligrams	977	863	858	866	881	919
Magnesium.....	Milligrams	200	174	178	179	180	189
Iron.....	Milligrams	10.7	9.3	9.1	9.3	9.6	10.1
Zinc.....	Milligrams	8.8	7.9	8.0	7.8	7.9	8.4
Copper.....	Milligrams	1.0	.9	.9	.9	.9	1.0
Sodium.....	Milligrams	2,478	2,130	2,166	2,221	2,253	2,334
Potassium.....	Milligrams	1,980	1,736	1,834	1,792	1,808	1,852

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also

"Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C5.2B.--Nutrient Intakes: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Women

Food Energy, Nutrients, and Dietary Components	Unit	Wave Number											
		1	2	3	4	5	6						
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	624	698	496	560	410	482	393	499	337	467	325	432
Food Energy .....	Kilocalories	1,551	1,610	1,388	1,388	1,335	1,453	1,365	1,416	1,390	1,393	1,434	1,469
Protein.....	Grams	62.2	63.2	56.3	56.0	54.3	57.6	55.1	56.0	58.0	55.6	59.9	60.2
Total Fat.....	Grams	62.7	65.6	54.6	55.6	54.0	59.2	53.6	55.3	56.4	54.4	59.2	57.9
Saturated Fat.....	Grams	22.8	24.0	19.8	20.4	19.5	21.4	19.6	20.6	20.6	20.2	21.8	21.4
Monounsaturated Fat.....	Grams	23.8	24.8	20.6	21.0	20.7	22.4	20.4	20.6	21.6	20.4	22.8	21.6
Polyunsaturated Fat.....	Grams	11.6	12.1	10.2	10.2	10.0	11.3	9.7	10.1	10.1	9.9	10.3	10.8
Cholesterol.....	Grams	322	314	296	264	283	270	282	271	295	269	323	281
Carbohydrate.....	Grams	181.1	192.5	164.7	166.0	156.7	172.9	161.7	174.2	161.8	169.8	163.3	177.4
Fiber.....	Grams	9.9	10.4	8.6	9.1	8.4	9.9	8.4	9.6	8.8	9.6	8.6	10.8
Vitamin A.....	IU	4,527	4,686	3,632	4,113	3,576	4,844	3,622	5,155	5,065	4,784	3,343	4,574
Vitamin A.....	RE	795	799	660	728	596	769	645	815	1,007	849	678	863
Carotenes.....	RE	288	313	221	260	242	349	227	373	262	300	168	318
Vitamin E.....	Alpha-TE	7.3	7.0	5.9	5.9	5.5	6.2	5.3	5.4	6.2	5.6	5.8	5.7
Ascorbic Acid.....	Milligrams	75	74	61	67	66	78	59	64	66	74	61	76
Thiamin.....	Milligrams	1.13	1.13	.97	1.01	.96	1.04	.95	.99	1.08	.98	1.03	1.09
Riboflavin.....	Milligrams	1.33	1.37	1.17	1.24	1.10	1.24	1.12	1.23	1.26	1.22	1.28	1.30
Niacin.....	Milligrams	16.3	16.9	15.0	15.0	14.4	14.8	14.2	14.3	15.3	14.2	15.4	15.7
Vitamin B-6.....	Milligrams	1.18	1.19	1.05	1.08	1.02	1.08	1.01	1.06	1.08	1.05	1.04	1.16
Folacin.....	Micrograms	193	198	169	175	156	180	163	173	180	176	172	203
Vitamin B-12.....	Micrograms	4.79	4.47	4.14	4.25	3.90	4.21	3.86	4.39	6.21	4.47	4.90	4.84
Calcium.....	Milligrams	560	613	486	540	462	561	479	566	502	558	512	568
Phosphorus.....	Milligrams	956	996	849	875	809	900	840	887	879	883	895	937
Magnesium.....	Milligrams	195	204	172	176	165	189	172	184	173	185	174	200
Iron.....	Milligrams	10.7	10.6	9.5	9.2	8.7	9.4	9.2	9.4	9.8	9.4	10.1	10.1
Zinc.....	Milligrams	8.7	8.9	8.0	7.9	7.7	8.3	7.7	7.9	8.1	7.8	8.5	8.4
Copper.....	Milligrams	1.0	1.0	.9	.9	.8	.9	.8	1.0	.9	.9	.9	1.1
Sodium.....	Milligrams	2,445	2,508	2,174	2,091	2,053	2,262	2,210	2,230	2,280	2,234	2,306	2,355
Potassium.....	Milligrams	1,938	2,017	1,692	1,775	1,698	1,950	1,708	1,858	1,735	1,861	1,670	1,989

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C6.1A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

Children

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals.....	Number	714	524	451	446	374	361
Food Energy .....	Kilocalories	1,384	1,325	1,336	1,343	1,330	1,379
Protein.....	Grams	39.2	38.7	39.8	39.4	38.3	40.0
Total Fat.....	Grams	39.9	39.2	39.4	39.2	38.8	40.0
Saturated Fat.....	Grams	16.0	15.6	16.0	15.8	15.5	16.2
Monounsaturated Fat.....	Grams	14.6	14.3	14.5	14.3	14.3	14.8
Polyunsaturated Fat.....	Grams	6.3	6.5	6.1	6.2	6.2	6.3
Cholesterol.....	Grams	199	197	196	191	188	221
Carbohydrate.....	Grams	124.0	126.3	125.0	125.4	127.3	122.7
Fiber.....	Grams	6.4	6.3	6.7	6.4	6.6	6.0
Vitamin A.....	IU	3,105	2,978	3,142	3,076	3,327	2,972
Vitamin A.....	RE	603	607	573	581	636	629
Carotenes.....	RE	168	146	186	174	185	134
Vitamin E.....	Alpha-TE	5.1	4.2	3.8	4.6	4.4	3.9
Ascorbic Acid.....	Milligrams	59	59	61	62	64	60
Thiamin.....	Milligrams	.84	.82	.81	.85	.82	.82
Riboflavin.....	Milligrams	1.22	1.17	1.18	1.19	1.15	1.22
Niacin.....	Milligrams	10.4	10.0	9.9	10.1	9.7	10.1
Vitamin B-6.....	Milligrams	.92	.88	.89	.90	.88	.90
Folic acid.....	Micrograms	145	137	144	147	139	146
Vitamin B-12.....	Micrograms	3.30	3.41	3.13	3.22	3.28	3.80
Calcium.....	Milligrams	567	551	568	567	558	568
Phosphorus.....	Milligrams	713	702	715	718	703	719
Magnesium.....	Milligrams	133	132	136	135	134	132
Iron.....	Milligrams	7.7	7.2	7.1	7.5	7.1	7.3
Zinc.....	Milligrams	5.5	5.5	5.7	5.5	5.4	5.7
Copper.....	Milligrams	.5	.6	.6	.6	.6	.6
Sodium.....	Milligrams	1,454	1,442	1,470	1,547	1,560	1,478
Potassium.....	Milligrams	1,347	1,333	1,401	1,401	1,354	1,366

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also

"Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C6.1B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Children

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number											
		1	2	3	4	5	6						
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
		:	:	:	:	:	:	:	:	:	:	:	:
Individuals.....	Number	394	320	292	232	242	209	227	219	191	183	192	169
Food Energy .....	Kilocalories	1,383	1,384	1,330	1,319	1,330	1,343	1,346	1,340	1,295	1,366	1,389	1,367
Protein.....	Grams	39.3	39.2	38.7	38.7	40.8	38.7	39.5	39.4	38.7	37.9	40.5	39.5
Total Fat.....	Grams	40.1	39.6	38.9	39.6	39.8	38.9	39.3	39.0	39.1	38.6	41.4	38.5
Saturated Fat.....	Grams	16.1	16.0	15.6	15.6	16.2	15.7	15.8	15.8	15.7	15.3	16.8	15.6
Monounsaturated Fat.....	Grams	14.7	14.6	14.2	14.5	14.7	14.3	14.4	14.1	14.4	14.3	15.4	14.1
Polyunsaturated Fat.....	Grams	6.5	6.2	6.3	6.6	6.0	6.2	6.3	6.2	6.2	6.3	6.4	6.2
Cholesterol.....	Grams	202	196	198	196	204	187	194	188	189	186	222	219
Carbohydrate.....	Grams	123.4	124.8	126.6	125.9	122.6	127.7	124.7	126.2	126.1	128.7	118.8	127.2
Fiber.....	Grams	6.3	6.6	6.0	6.7	6.7	6.6	6.1	6.7	6.4	6.8	5.6	6.5
Vitamin A.....	IU	3,005	3,228	3,207	2,689	2,868	3,459	2,807	3,355	3,086	3,578	2,763	3,210
Vitamin A.....	RE	604	601	666	532	553	596	549	615	634	637	610	649
Carotenes.....	RE	152	187	151	140	155	222	150	198	149	222	112	160
Vitamin E.....	Alpha-TE	5.6	4.5	4.4	4.0	4.2	3.4	4.1	5.2	4.6	4.1	4.3	3.5
Ascorbic Acid.....	Milligrams	60	58	61	56	61	61	64	60	63	65	64	54
Thiamin.....	Milligrams	.86	.82	.83	.80	.87	.74	.83	.86	.86	.78	.83	.80
Riboflavin.....	Milligrams	1.24	1.21	1.18	1.15	1.21	1.15	1.17	1.21	1.18	1.13	1.23	1.21
Niacin.....	Milligrams	10.7	10.1	10.2	9.8	10.7	9.0	9.9	10.3	9.8	9.5	10.5	9.7
Vitamin B-6.....	Milligrams	.93	.91	.88	.88	.95	.82	.86	.95	.88	.88	.92	.88
Folic acid.....	Micrograms	148	141	141	133	151	137	143	151	141	136	151	140
Vitamin B-12.....	Micrograms	3.48	3.08	3.75	2.99	3.22	3.04	2.90	3.54	3.39	3.16	3.79	3.82
Calcium.....	Milligrams	566	569	542	563	559	578	557	578	570	545	556	583
Phosphorus.....	Milligrams	708	719	692	715	719	710	713	723	707	699	709	731
Magnesium.....	Milligrams	132	134	128	136	136	136	131	140	133	135	130	135
Iron.....	Milligrams	8.1	7.3	7.4	6.9	7.5	6.6	7.3	7.6	7.4	6.9	7.8	6.8
Zinc.....	Milligrams	5.5	5.5	5.6	5.5	6.0	5.4	5.5	5.4	5.3	5.4	5.8	5.5
Copper.....	Milligrams	.6	.5	.6	.5	.6	.6	.6	.6	.6	.6	.6	.6
Sodium.....	Milligrams	1,463	1,443	1,456	1,425	1,484	1,455	1,597	1,494	1,576	1,544	1,461	1,497
Potassium.....	Milligrams	1,349	1,344	1,301	1,373	1,401	1,401	1,369	1,434	1,311	1,398	1,342	1,394

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C6.2A.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

Women

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number					
		1	2	3	4	5	6
Individuals.....	Number	1,322	1,056	892	892	804	757
Food Energy .....	Kilocalories	1,582	1,388	1,399	1,393	1,391	1,454
Protein.....	Grams	62.7	56.1	56.1	55.6	56.6	60.1
Total Fat.....	Grams	64.2	55.1	56.8	54.5	55.2	58.4
Saturated Fat.....	Grams	23.4	20.1	20.5	20.1	20.4	21.6
Monounsaturated Fat.....	Grams	24.3	20.8	21.6	20.5	20.9	22.1
Polyunsaturated Fat.....	Grams	11.9	10.2	10.7	9.9	10.0	10.6
Cholesterol.....	Grams	318	279	276	276	280	299
Carbohydrate.....	Grams	187.2	165.4	165.5	168.6	166.4	171.4
Fiber.....	Grams	10.2	8.9	9.2	9.1	9.3	9.8
Vitamin A.....	IU	4,611	3,887	4,261	4,480	4,902	4,046
Vitamin A.....	RE	797	696	689	740	916	783
Carotenes.....	RE	301	241	300	309	284	254
Vitamin E.....	Alpha-TE	7.1	5.9	5.9	5.3	5.8	5.7
Ascorbic Acid.....	Milligrams	74	64	72	62	70	70
Thiamin.....	Milligrams	1.13	.99	1.00	.97	1.02	1.07
Riboflavin.....	Milligrams	1.35	1.21	1.18	1.18	1.24	1.29
Niacin.....	Milligrams	16.6	15.0	14.6	14.3	14.7	15.6
Vitamin B-6.....	Milligrams	1.19	1.07	1.05	1.04	1.06	1.11
Folacin.....	Micrograms	195	172	169	168	178	190
Vitamin B-12.....	Micrograms	4.62	4.20	4.06	4.16	5.20	4.87
Calcium.....	Milligrams	588	515	515	528	534	544
Phosphorus.....	Milligrams	977	863	858	866	881	919
Magnesium.....	Milligrams	200	174	178	179	180	189
Iron.....	Milligrams	10.7	9.3	9.1	9.3	9.6	10.1
Zinc.....	Milligrams	8.8	7.9	8.0	7.8	7.9	8.4
Copper.....	Milligrams	1.0	.9	.9	.9	.9	1.0
Sodium.....	Milligrams	2,478	2,130	2,166	2,221	2,253	2,334
Potassium.....	Milligrams	1,980	1,736	1,834	1,792	1,808	1,852

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.



Appendix Table C6.2B.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Women

Mean Food Energy and Nutrients and Dietary Components per 1,000 Kilocalories	Unit	Wave Number											
		1		2		3		4		5		6	
		FSP		NFSP		FSP		NFSP		FSP		NFSP	
		FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
Individuals.....	Number	624	698	496	560	410	482	393	499	337	467	325	432
Food Energy .....	Kilocalories	1,551	1,610	1,388	1,388	1,335	1,453	1,365	1,416	1,390	1,393	1,434	1,469
Protein.....	Grams	41.2	40.3	41.3	40.9	41.4	40.1	40.8	40.7	43.3	41.0	43.0	42.0
Total Fat.....	Grams	39.3	40.0	38.2	38.9	38.4	38.9	38.2	38.2	39.9	37.7	40.3	38.2
Saturated Fat.....	Grams	14.3	14.5	13.8	14.2	13.8	13.9	14.0	14.2	14.5	13.9	14.8	14.0
Monounsaturated Fat.....	Grams	15.0	15.1	14.4	14.7	14.7	14.7	14.5	14.3	15.3	14.1	15.6	14.3
Polyunsaturated Fat.....	Grams	7.2	7.5	7.2	7.2	7.1	7.5	6.9	6.9	7.1	6.9	7.0	7.1
Cholesterol.....	Grams	216	200	217	196	217	186	213	199	237	208	234	192
Carbohydrate.....	Grams	117.5	120.1	121.2	121.5	118.3	122.0	119.6	123.2	116.4	124.1	115.1	122.3
Fiber.....	Grams	6.5	6.8	6.2	6.7	6.3	6.9	6.4	6.9	6.3	7.1	6.3	7.6
Vitamin A.....	IU	3,026	3,035	2,880	3,346	2,858	3,590	2,674	3,701	3,954	3,399	2,689	3,772
Vitamin A.....	RE	525	497	527	570	481	561	448	565	764	581	541	652
Carotenes.....	RE	196	212	173	221	191	262	181	278	216	224	136	285
Vitamin E.....	Alpha-TE	4.4	4.2	4.2	4.3	3.8	4.2	3.7	3.8	4.2	3.8	4.1	3.8
Ascorbic Acid.....	Milligrams	50	49	46	52	53	57	44	47	48	63	46	62
Thiamin.....	Milligrams	.74	.72	.71	.76	.71	.73	.71	.72	.77	.72	.74	.77
Riboflavin.....	Milligrams	.86	.87	.86	.92	.85	.88	.84	.88	.91	.88	.92	.91
Niacin.....	Milligrams	10.8	11.2	11.7	11.3	11.6	11.1	10.9	11.0	11.5	10.7	11.2	12.5
Vitamin B-6.....	Milligrams	.76	.76	.77	.80	.76	.77	.74	.75	.78	.77	.75	.83
Folacin.....	Micrograms	127	128	125	136	133	139	134	128	137	135	126	145
Vitamin B-12.....	Micrograms	3.19	2.73	3.14	3.09	3.21	3.04	2.67	2.83	4.49	3.07	3.82	3.46
Calcium.....	Milligrams	358	390	361	393	348	381	349	409	347	401	357	399
Phosphorus.....	Milligrams	623	632	624	638	610	622	631	636	631	644	633	647
Magnesium.....	Milligrams	131	137	137	132	145	150	134	146	127	142	127	164
Iron.....	Milligrams	7.1	6.9	7.2	6.9	6.8	6.9	7.0	7.0	7.3	7.0	7.2	7.3
Zinc.....	Milligrams	5.8	5.7	5.9	5.7	5.9	5.8	5.7	5.8	6.0	5.7	6.0	5.9
Copper.....	Milligrams	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.7	.8
Sodium.....	Milligrams	1,592	1,592	1,582	1,534	1,573	1,568	1,794	1,655	1,641	1,713	1,639	1,718
Potassium.....	Milligrams	1,314	1,353	1,355	1,348	1,547	1,575	1,408	1,486	1,280	1,446	1,234	1,659

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS--Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C7A.--Mean Food Energy Intake by Income Level and Wave, Low-Income Households, 1985 (unweighted)

Income Level	Wave 1		Wave 2		Wave 3	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
0-75% Poverty.....	360	1,423	265	1,321	224	1,338
76-130% Poverty....	226	1,338	163	1,382	143	1,343
Over 130% Poverty..	77	1,282	67	1,273	57	1,323
0-100% Poverty.....	462	1,405	344	1,351	302	1,336
0-130% Poverty.....	586	1,390	428	1,344	367	1,340
Women:						
0-75% Poverty.....	635	1,557	498	1,390	420	1,344
76-130% Poverty....	429	1,600	347	1,424	295	1,498
Over 130% Poverty..	175	1,630	158	1,310	126	1,365
0-100% Poverty.....	816	1,563	648	1,396	548	1,387
0-130% Poverty.....	1,064	1,575	845	1,404	715	1,407
	Wave 4		Wave 5		Wave 6	
	Individuals	Food Energy	Individuals	Food Energy	Individuals	Food Energy
	Number	Kilocalories	Number	Kilocalories	Number	Kilocalories
Children:						
0-75% Poverty.....	217	1,374	173	1,379	178	1,393
76-130% Poverty....	143	1,264	125	1,269	120	1,322
Over 130% Poverty..	56	1,391	47	1,375	39	1,381
0-100% Poverty.....	290	1,355	234	1,370	242	1,369
0-130% Poverty.....	360	1,331	298	1,333	298	1,364
Women:						
0-75% Poverty.....	422	1,346	371	1,365	351	1,465
76-130% Poverty....	286	1,454	266	1,443	254	1,463
Over 130% Poverty..	130	1,307	118	1,302	110	1,389
0-100% Poverty.....	550	1,369	486	1,412	462	1,483
0-130% Poverty.....	708	1,390	637	1,398	605	1,464

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.

See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C7B.--Mean Food Energy Intake by Income Level and Wave, by Food Stamp Program Status,  
Low-Income Households, 1985 (unweighted)

Income Level	Wave 1				Wave 2				Wave 3			
	:				:				:			
	Individuals		Food Energy		Individuals		Food Energy		Individuals		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number--- Kilocalories				---Number--- Kilocalories				---Number--- Kilocalories			
Children:												
0-75% Poverty.....	285	75	1,381	1,582	211	54	1,334	1,273	173	51	1,356	1,276
76-130% Poverty....	67	159	1,439	1,295	54	109	1,418	1,364	49	94	1,257	1,389
Over 130% Poverty..	10	67	1,234	1,289	10	57	1,255	1,276	8	49	1,258	1,334
0-100% Poverty.....	331	131	1,388	1,449	247	97	1,349	1,357	211	91	1,351	1,299
0-130% Poverty.....	352	234	1,392	1,387	265	163	1,351	1,334	222	145	1,334	1,349
Women:												
0-75% Poverty.....	462	173	1,547	1,584	358	140	1,401	1,362	289	131	1,339	1,353
76-130% Poverty....	103	326	1,599	1,601	94	253	1,385	1,438	85	210	1,339	1,562
Over 130% Poverty..	18	157	1,609	1,632	15	143	1,180	1,324	12	114	1,302	1,372
0-100% Poverty.....	532	284	1,551	1,585	420	228	1,385	1,418	345	203	1,343	1,461
0-130% Poverty.....	565	499	1,557	1,595	452	393	1,398	1,411	374	341	1,339	1,481
	Wave 4				Wave 5				Wave 6			
	:				:				:			
	Individuals		Food Energy		Individuals		Food Energy		Individuals		Food Energy	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
	---Number--- Kilocalories				---Number--- Kilocalories				---Number--- Kilocalories			
Children:												
0-75% Poverty.....	162	55	1,372	1,380	132	41	1,352	1,468	142	36	1,402	1,357
76-130% Poverty....	45	98	1,244	1,274	39	86	1,201	1,300	38	82	1,267	1,348
Over 130% Poverty..	4	52	1,423	1,389	3	44	1,071	1,396	1	38	1,580	1,375
0-100% Poverty.....	194	96	1,356	1,352	160	74	1,333	1,449	169	73	1,386	1,330
0-130% Poverty.....	207	153	1,344	1,312	171	127	1,317	1,354	180	118	1,373	1,351
Women:												
0-75% Poverty.....	283	139	1,353	1,333	246	125	1,406	1,285	241	110	1,451	1,495
76-130% Poverty....	75	211	1,352	1,490	60	206	1,341	1,473	57	197	1,430	1,473
Over 130% Poverty..	11	119	1,027	1,333	11	107	1,151	1,318	9	101	1,188	1,407
0-100% Poverty.....	333	217	1,359	1,385	288	198	1,416	1,406	278	184	1,455	1,524
0-130% Poverty.....	358	350	1,352	1,427	306	331	1,393	1,402	298	307	1,447	1,481

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C8A.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals	Protein	Total Fat	Saturated Fat	Monounsaturated Fat	Polyunsaturated Fat	Carbohydrate
	Number	Percent					
Children:							
1.....	714	15.7	35.9	14.4	13.2	5.7	49.6
2.....	524	15.5	35.3	14.1	12.9	5.8	50.5
3.....	451	15.9	35.4	14.4	13.1	5.5	50.0
4.....	446	15.8	35.2	14.2	12.9	5.6	50.2
5.....	374	15.3	34.9	14.0	12.9	5.6	50.9
6.....	361	16.0	36.0	14.6	13.3	5.6	49.1
Women:							
1.....	1,322	16.3	35.7	13.0	13.6	6.6	47.6
2.....	1,056	16.5	34.7	12.6	13.1	6.5	48.6
3.....	892	16.3	34.8	12.5	13.3	6.6	48.1
4.....	892	16.3	34.4	12.7	12.9	6.2	48.7
5.....	804	16.8	34.8	12.7	13.2	6.3	48.3
6.....	757	17.0	35.2	12.9	13.4	6.3	47.7

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population. See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

Appendix Table C8B.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day by Wave, by Food Stamp Program Status, Low-Income Households, 1985 (unweighted)

Wave Number	Individuals		Protein		Total Fat		Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Carbohydrate	
	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP	FSP	NFSP
---Number--- Percent-----														
Children:														
1.....	394	320	15.7	15.7	36.1	35.7	14.5	14.4	13.2	13.1	5.8	5.6	49.4	49.9
2.....	292	232	15.5	15.5	35.0	35.6	14.1	14.0	12.8	13.1	5.7	6.0	50.6	50.4
3.....	242	209	16.3	15.5	35.8	35.0	14.6	14.1	13.3	12.8	5.4	5.6	49.0	51.1
4.....	227	219	15.8	15.7	35.4	35.1	14.2	14.2	13.0	12.7	5.7	5.6	49.9	50.5
5.....	191	183	15.5	15.2	35.2	34.7	14.2	13.8	12.9	12.8	5.6	5.7	50.4	51.5
6.....	192	169	16.2	15.8	37.2	34.6	15.1	14.0	13.8	12.7	5.7	5.5	47.5	50.9
Women:														
1.....	624	698	16.5	16.1	35.4	36.0	12.9	13.1	13.5	13.6	6.4	6.7	47.0	48.0
2.....	496	560	16.5	16.4	34.4	35.0	12.4	12.8	13.0	13.2	6.5	6.5	48.5	48.6
3.....	410	482	16.6	16.0	34.5	35.0	12.4	12.5	13.2	13.3	6.4	6.7	47.3	48.8
4.....	393	499	16.3	16.3	34.4	34.3	12.6	12.8	13.1	12.8	6.2	6.2	47.8	49.3
5.....	337	467	17.3	16.4	35.9	33.9	13.1	12.5	13.8	12.7	6.3	6.2	46.6	49.6
6.....	325	432	17.2	16.8	36.3	34.4	13.3	12.6	14.0	12.9	6.3	6.4	46.0	48.9

NOTE: Data in this table are unweighted and should not be interpreted as representative of the population.  
See also "Table Notes for Appendix C."

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, Low Income, 1985.

GENERAL NOTE:

Data in these tables are unweighted and cannot be generalized to the population.

TABLE C1--DISTRIBUTION OF WOMEN BY SELECTED CHARACTERISTICS AND LEVEL OF PARTICIPATION

Level of participation--Refers to the number of waves completed. All low-income women and children who completed interviews in the first wave were eligible for reinterview in the remaining waves. Respondents were retained in the survey even if they missed one or more waves. Children were retained in the survey only if their mother/caretaker remained.

TABLES C2A TO C2B--MEAN NUMBER OF FOOD ITEMS CODED AND MEAN FOOD ENERGY INTAKE

Food items coded--Mean number of line items coded. May not equal number of foods and beverages originally reported by respondent. For example, a mixed dish reported as a unit by a respondent may have been coded as more than one line item if information on types and amounts of ingredients was available.

TABLES C3A TO C3B--PERCENTAGE OF INDIVIDUALS REPORTING SPECIFIED AMOUNT OF FOOD AND DRINK BY WAVE

Amount of food and drink--The respondent's answer to the question "Would you say the amount of food and drink you had yesterday was: less than usual, usual, or more than usual for that day of the week?"

TABLES C4.1A TO C4.2B--FOOD INTAKES

See notes for tables 1.1-1A to 1.6-2B in the main body of this report for food group definitions.

TABLES C5.1A TO C5.2B--NUTRIENT INTAKES

See notes for tables 3.1 to 4N in the main body of this report for selected nutrient definitions.

TABLES C6.1A TO C6.2B--NUTRIENT INTAKES PER 1,000 KILOCALORIES

See notes for tables 7.1 to 7.2 in the main body of this report.

TABLES C7A TO C7B--FOOD ENERGY FROM PROTEIN, TOTAL FAT, FATTY ACIDS, AND CARBOHYDRATE

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.





Sex and age (years)	Food energy	Protein	Water-soluble vitamins							
			Vitamin C	Thiamin	Ribo- flavin	Niacin	Vitamin B <sub>6</sub>	Folacin	Vitamin B <sub>12</sub>	
	kcal	g	-----	mg	-----	mg(NE) <sup>1</sup>	mg	-----	mcg	-----
Males and females:										
0.0-0.4 .....	690	13.2	35	0.3	0.4	6	0.3	30		0.5
0.5-0.9 .....	945	18.0	35	0.5	0.6	8	0.6	45		1.5
1-3 .....	1,300	23.0	45	0.7	0.8	9	0.9	100		2.0
4-6 .....	1,700	30.0	45	0.9	1.0	11	1.3	200		2.5
7-10 .....	2,400	34.0	45	1.2	1.4	16	1.6	300		3.0
Males:										
11-14 .....	2,700	45.0	50	1.4	1.6	18	1.8	400		3.0
15-18 .....	2,800	56.0	60	1.4	1.7	18	2.0	400		3.0
19-22 .....	2,900	56.0	60	1.5	1.7	19	2.2	400		3.0
23-50 .....	2,700	56.0	60	1.4	1.6	18	2.2	400		3.0
51-75 .....	2,400	56.0	60	1.2	1.4	16	2.2	400		3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400		3.0
Females:										
11-14 .....	2,200	46.0	50	1.1	1.3	15	1.8	400		3.0
15-18 .....	2,100	46.0	60	1.1	1.3	14	2.0	400		3.0
19-22 .....	2,100	44.0	60	1.1	1.3	14	2.0	400		3.0
23-50 .....	2,000	44.0	60	1.0	1.2	13	2.0	400		3.0
51-75 .....	1,800	44.0	60	1.0	1.2	13	2.0	400		3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400		3.0
Pregnant:										
11-14 .....	2,500	76.0	70	1.5	1.6	17	2.4	800		4.0
15-18 .....	2,400	76.0	80	1.5	1.6	16	2.6	800		4.0
19-22 .....	2,400	74.0	80	1.5	1.6	16	2.6	800		4.0
23-50 .....	2,300	74.0	80	1.4	1.5	15	2.6	800		4.0
Lactating:										
11-14 .....	2,700	66.0	90	1.6	1.8	20	2.3	500		4.0
15-18 .....	2,600	66.0	100	1.6	1.8	19	2.5	500		4.0
19-22 .....	2,600	64.0	100	1.6	1.8	19	2.5	500		4.0
23-50 .....	2,500	64.0	100	1.5	1.7	18	2.5	500		4.0

<sup>1</sup> One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix D: Recommended Dietary Allowances, 1980 <sup>(3)</sup>—Con.

Sex and age (years)	Fat-soluble vitamins		Minerals					
	Vitamin A	Vitamin E	Calcium	Phosphorus	Magnesium	Iron	Zinc	
	RE	IU <sup>2</sup>	Alpha-TE	mg				
Males and females:								
0.0-0.4 .....	420	1,400	3	360	240	50	10	3
0.5-0.9 .....	400	2,000	4	540	360	70	15	5
1-3 .....	400	2,000	5	800	800	150	15	10
4-6 .....	500	2,500	6	800	800	200	10	10
7-10 .....	700	3,300	7	800	800	250	10	10
Males:								
11-14 .....	1,000	5,000	8	1,200	1,200	350	18	15
15-18 .....	1,000	5,000	10	1,200	1,200	400	18	15
19-22 .....	1,000	5,000	10	800	800	350	10	15
23-50 .....	1,000	5,000	10	800	800	350	10	15
51-75 .....	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14 .....	800	4,000	8	1,200	1,200	300	18	15
15-18 .....	800	4,000	8	1,200	1,200	300	18	15
19-22 .....	800	4,000	8	800	800	300	18	15
23-50 .....	800	4,000	8	800	800	300	18	15
51-75 .....	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14 .....	1,000	5,000	10	1,600	1,600	450	18	20
15-18 .....	1,000	5,000	10	1,600	1,600	450	18	20
19-22 .....	1,000	5,000	10	1,200	1,200	450	18	20
23-50 .....	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14 .....	1,200	6,000	11	1,600	1,600	450	18	25
15-18 .....	1,200	6,000	11	1,600	1,600	450	18	25
19-22 .....	1,200	6,000	11	1,200	1,200	450	18	25
23-50 .....	1,200	6,000	11	1,200	1,200	450	18	25

<sup>2</sup> Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

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